

**Video :** <https://vimeo.com/895348034>

### **Who Am I talking to ?**

A young woman within the ranges of 20-40 of age who wants to lose weights through a fitness program.

Have tried other programs but not seeing the much result as wanted, unrealistic expectation and need to find balance with it and their busy schedule.

### **Where They are now?**

Getting through media and checking for a weight loss program but need the right one that will get them to reduce the weights and not restricting their diet or not hard method.

Not new to weight loss programs, have tried other programs, do some YouTube or google search to get ideas, tried other methods like fasting or dieting.

They are not consistent, disciplined, they need authenticity in a sure way.

### **What are the steps/ objectives to take action**

To stress on their pains on how to find a easy program that will not disturb their busy schedule while they are losing weight, not costly, or a mix up nutrition guide neither a non-proven methods drive them down on how they can get their fitness dream meet how will loss weight they will wear the clothes they want, able to very comfortable with body shape, gain more energy to do tasks , eat as they want but having a good body.

Have to be conversational with the tone of language and then be persuasive with the CTA

### **Where do I want to get them ?**

- I think should have make it 4 emails just to create the proper rapport
- Add persuasive language on it
- Add more curiosity so they take action

**Email 1:**(Immediately after subscription)

**Subject: The Right Method, where 99% Women have Confidently Shed Excess Weight**

Dear [Name],

Every day, facing the mirror becomes a struggle as you hastily turn away, dissatisfied with the body you see.

In public spaces, the judgmental stares when you're about to eat are cut deep, as if those eyes are saying, "Your weight is a result of overeating."

It's time to break free from this cycle. The Right Method has empowered 99% of women like you to confidently shed excess weight and reclaim control over their bodies.

Losing weight is simple,

That shouldn't disturb your busy schedule

Or neither has to put endless effort

And not to fill up with a mix up,confusing and wired nutrition guide.

These are all the reasons you don't get the result you want

You were taking the wrong approach to loss your weights

Because anything you are losing should not cost you so much, should not disturb you or be difficult for you.

You are not earning those fats, you are giving them away.

In the coming days, we will get you the method that has caused 67% to lose their first weight within the first month.

It opposes all the methods you know up to date about losing fat.

Seize the brush, paint your weight loss masterpiece—let every method be your stroke.

Rest easy, let go of those weights, and embrace a new you.

Take the first step – transform now!

Talk soon,  
[Coach's Name]

**Email 2:** (Day 2)

**Subject: The EXACT Method you need to Shred Those fats From the First Week.**

Hello Name,

Over my years of experience as a coach for losing weight, helping women to lose their weight and have a very proud body I've noticed one very crucial insight standing in the way.

You see, every other training program out there fails to consider each individual body type.

No wonder you see no progress... not even a millimeter

You're trying to apply a program built for someone else's **body type!**

It's like trying to fit a square peg into a circular hole.

There is no match.

With my custom-fit program system. I take dedicated time to actually consider each of my client's body metrics to build a tailored program designed specifically for **THEM**.

These are not program that are just put around without been tested

All the steps and teachings here have been tested in all gyms, with different body types and body shapes.

And it WORKS with no if's or but's

Even if you are a busy person, a food lover and a lazy person who likes to hang around.

Here is ( Program Link ) to prove it to yourself.

Don't miss out, or you'll LOSE this opportunity!

I adore you 💕  
[Coach's Name]

**Email 4:** (Day 5)

**Subject: It 's simple and it WORKS**

Good Morning Name

Your Weight loss goal has to be simple and achievable.

As a holding guide to get you your promised weight loss and fitness guide.

Everyday you will get consistent on your goal because how fun and relax it will be

You will gain 10x energy each day with the weight you will be losing and add no more fats anymore.

A few days ago I sent you a gift to change you- And everybody has seen the result of it in just a day.

To prove our words, here is what Mia has to say :

“Before I used to think is a joke, so I joined now I can compared my old pictures to now or even looking at the mirror and I see those mid section of improvement “

We Wonder why Haven't You joined yet

The steps are easy to follow :

- Click the link here
- Get in to the program completely
- Then Boom! - Get set

Is it that easy?

Your friends will be begging you for your weight loss secret and how you cut all those pounds from your arms, biceps, legs, waist , belly everywhere.

You will transform those limbs, truck and whole part off to the human butterfly with a slim body and no excess fats. Adding more calories for more energy and a vibrant body.

All the dresses will fit you well with the weightloss body you obtain. You will watch all your old pictures and recognize how those midsection fats have gone away.

It is time to prove our words.

Waiting on you,  
[Coach's Name]