

AIDA TEMPLATE BLANK:

Subject 1: How to lose weight without getting hungry?

Subject 2: The #1 secret to lose weight

Subject 3: Why can't you lose weight?

Subject 4: How to NOT lose weight

Preview text: Click to learn more...

Every wonder why you CAN'T lose weight?

And feel no matter how hard you try, the scale keeps going up.

Then this 7 week nutrition and weight loss program is exactly for you.

Most people waste their time and energy desperately trying to lose weight.

In fact 62.9% of people tried to lose weight by eating less.

And 16.4 of people **skip meals** trying to lose weight.

And that is the **WRONG** way to do it.

With the program, you would:

- Never be confused with nutrition again
- Spend less in the gym with more efficient workouts
- Be able to lose weight without starving yourself

Imagine having an easy meal plan that is specifically made for you each week.

Not having to pay hundreds for coachings and plans that doesn't even align with your personal goals.

With the program, I'll teach you:

- How to make meal planning easy and doable each week!
- How to repair your borken, slow metabolism
- How to Create Personalized Calorie And Macros Needs, Plus Learn All About Macro Management.
- Spend less In the gym with efficient workouts, so that you can spend more time with your family.

The program is on 25% sale, If you're interested [Click here to learn more about the program](#)

Sincerely,

Amanda

P.S Here's what Jessica has to say about the program:

"Thank you Amanda for helping me feel better about myself and lose weight and inches when I never thought I could! I have been an athlete all my life and they never taught us how we were supposed to eat properly and now I know! Through these past 2 sessions I have lost a total of 32 points and 16.8 inches!"

JESSICA K

AIDA TEMPLATE EXAMPLE:

Subject 1: The AIDA formula

Subject 2: A formula that will make you, and everyone in your company, write better

Subject 3: Here's a cool formula to help you write a sales page without thinking too much.

Subject 4: If writing is hard for you, then use this little formula as a cheat sheet!

Purpose of this copy: Make you memorize this little AIDA formula!

ATTENTION:

I can make you sell ANYTHING better, with a small formula.

INTEREST:

When this formula is applied to anything, it usually has between a 60% and 300% increase.

DESIRE:

Every great copywriter from the last 80 years, has stuck to this simple formula to sell.....because it's works and has been time-tested.

ACTION:

Take out a sheet of paper, and write the acronym A.I.D.A. on it.
Or at LEAST snap a picture of the formula with your phone!