



 **Premium Action Guide**

Follow Up After Interview That Gets Replies

A precise, non-pushy system to send thank-yous, check status, and add value across email, LinkedIn, and short video — with AI templates and a simple tracker.

 **Updated for 2026**  **3 touches** Recommended max follow-ups per interview

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Clear first steps you can take this week.



Real Sources

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YOU WILL LEARN

- ☒ What you'll build
- ☒ Step 1 —  Define your follow-up goal
- ☒ Step 3 —  Collect the right contacts and channels
- ☒ Platforms & tools
- ☒ Step 2 —  Research the company and interviewers
- ☒ Step 4 —  Set up your follow-up tracker (Google Sheets)

What you'll build

A clean, repeatable follow-up workflow you can run after every interview: research fast, send a short thank-you within 24 hours, schedule a respectful status check, and add value with a concise note or 60–90s video.

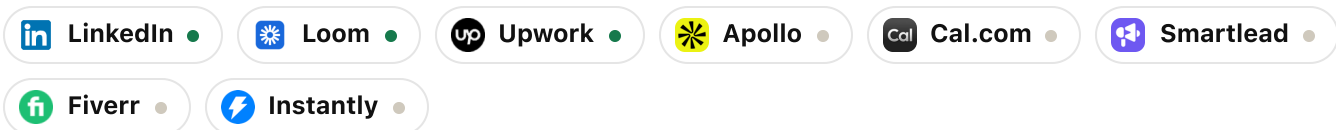
You'll use AI to polish messages, track everything in a simple sheet, and multi-thread the conversation with the right people — without sounding pushy.

- 1 A 24-hour thank-you, 7–10 day check-in, and final close-the-loop
- 2 Short AI-polished emails with quantifiable value
- 3 Optional 60–90s Loom video to stand out
- 4 A tracker to schedule and log every touch
- 5 Multi-thread outreach to decision-makers

Platforms & tools

Lead & Outreach

3 free · 5 paid



Website Builders

0 free · 2 paid



AI Models

0 free · 5 paid



Dev & Hosting

0 free · 2 paid



Automation

0 free · 4 paid



► MODULE 03

Step 1 — 🎯 Define your follow-up goal

Decide the single outcome for this message: thank-you, status check, value-add, correction/clarification, sharing references/portfolio, or schedule update. One goal per email keeps it clear and short.

Tip

Avoid venting or hinting at frustration — interviewers see 'volcano answers' as red flags. Keep tone calm, helpful, and forward-looking.

► MODULE 04

Step 2 — 🕵️ Research the company and interviewers

Grab three specifics to reference: company mission, recent product/news milestone, and interviewer's role tenure or focus (find on company site and people profiles).

Also confirm how long the company has been in business and key leaders so you can reference context accurately.

Tip

Read the job description again before writing. Address the exact skills and problems the role owns; generic notes get ignored.

► **MODULE 05**

Step 3 — **Collect the right contacts and channels**

Identify three people for multi-threading: recruiter/hiring manager, someone currently in the role/team, and a relevant leader. Prefer direct email; use LinkedIn DM only if you don't have an email or you're already connected.

Store names, titles, and preferred channel for each so your touches are coordinated and non-duplicative.

Tip

Recruiters are often not decision-makers. When appropriate, loop in the hiring manager or their boss respectfully — never bypass; add them with context.

► **MODULE 06**

Step 4 — **Set up your follow-up tracker (Google Sheets)**

Create a sheet with columns: Company, Role, Interview Date, Interviewers (names), Emails, LinkedIn URLs, Thank-you Sent (date/time), Status Check Sent, Value-add Sent, Final Note

Sent, Next Nudge Date, Outcome, Notes, Links (portfolio/Doc/Loom).

Log every touch the moment you send it to avoid duplicate pings and to time follow-ups cleanly.

Tip

Always share view-only links (Docs/portfolio/Loom) instead of attachments — attachments add friction and decrease open rates.

► **MODULE 07**

Step 5 — Send a same-day thank-you (24 hours max)

TEMPLATE — THANK-YOU (STANDARD)

Subject: Thank you, [FIRST NAME] — [ROLE]

Hi [FIRST NAME],

Thanks for the conversation about [ROLE] yesterday. I appreciated learning about [SPECIFIC DETAIL FROM INTERVIEW].

I can help with [PROBLEM/GOAL] — recently [QUANT RESULT: e.g., reduced response time 28%] and I'd bring that same focus here. Sharing a short example: [LINK TO DOC/PORTFOLIO].

Grateful for the time and excited about next steps.

Best,

[YOUR NAME]

[PHONE] | [LINKEDIN URL]

TEMPLATE – THANK-YOU (NO EXPERIENCE / FRESHER)

Subject: Thank you for the interview – [ROLE]

Hi [FIRST NAME],

Thank you for meeting about [ROLE]. I'm especially excited about [SPECIFIC TEAM/PRODUCT].

Though early in my career, I've built [RELEVANT COURSE/PROJECT] and completed [INTERNSHIP/BOOTCAMP IF ANY]. I'll contribute from day one with [TRANSFERABLE SKILL: e.g., organization, communication, resilience] and I'm actively learning [TOPIC] this week.

Appreciate your time – I'd love to support the team.

Best,

[YOUR NAME] | [PORTFOLIO/PROJECT LINK]

TEMPLATE – THANK-YOU + PROMISED MATERIAL

Subject: As promised – [RESOURCE] for [ROLE]

Hi [FIRST NAME],

Great speaking with you about [ROLE]. As promised, here's [RESOURCE/OUTLINE/CASE LINK] that expands on [TOPIC WE DISCUSSED].

If helpful, I'm happy to walk through it briefly.

Thanks again,

[YOUR NAME]

Tip

Front-load impact in the first 100 characters — that's what most people see in their inbox preview.

Step 6 — Polish quickly with AI (ChatGPT or Claude)

Paste your draft and ask AI to tighten language, keep a friendly plain tone, and ensure the opening line is strong. Then paste the final text into your email client.

PROMPT – MAKE THIS CONCISE, FRIENDLY, PREVIEW-STRONG

You are my interview follow-up editor. Keep a warm, professional tone without sounding overly formal. Make the first 120 characters carry the value. Do not add fluff.

Context:

- Role: [ROLE]
- Company: [COMPANY]
- Specific detail to reference: [DETAIL]
- One quantifiable result to include: [RESULT]

Draft:

[PASTE EMAIL]

Return: subject line options (5), and a tightened body under 120 words.

PROMPT – CONVERT BULLETS INTO ONE QUANTIFIABLE LINE

Turn these bullets into one concise, quantified sentence for a follow-up email. Keep verbs active.

Bullets:

- [BULLET 1]
- [BULLET 2]
- [BULLET 3]

Return one sentence under 20 words.

Tip

Use AI to polish small portions, not to generate entire emails from scratch — templating yourself keeps tone predictable.

► MODULE 09

Step 7 — Record a 60–90s Loom (optional but powerful)

Hit record to thank them, reference one specific moment from the interview, and show a quick artifact (a slide, diagram, or brief walkthrough) that proves you can help. Keep it to 60–90 seconds.

Paste the Loom link in your email/DM with one sentence explaining what's inside.

Tip

Scroll or switch tabs briefly while recording so it doesn't look like a static screenshot.

► MODULE 10

Step 8 — Send it via your chosen platform

Platform	What to do in this step
Gmail	Paste your final draft, add a clear subject (e.g., "Thank you, [First Name] — [Role]"), link to Docs/portfolio/Loom, and send within 24 hours. BCC yourself to log it.
LinkedIn	If you lack email or are already connected, send a 3–4 line DM with the Loom/Doc link. Mention you also emailed (if true) to avoid double work.

Platform	What to do in this step
Loom	Record 60–90s, title it “Follow-up — [Your Name], [Role], [Company]”, set visibility to anyone with link, then paste the link into your email/DM.
Upwork	For freelance interviews, post your short thank-you in the message thread, include a Loom/DOC link, and confirm availability and next milestones.

Tip

Email usually beats LinkedIn for post-interview follow-ups. If you DM, keep it ultra-short so it doesn't get buried.

► MODULE 11

Step 9 — Time your sequence cleanly

- T+0–24h: Send thank-you to each interviewer.
- T+2–3 business days: Status check to recruiter/hiring manager if no timeline was given.
- T+7–10 days: Value-add note (share a relevant link, brief Loom, or quick win idea).
- T+14 days: Final close-the-loop note. Then pause unless they re-engage.

Tip

Cap at three touches unless you have truly new information. Too many messages can hurt your candidacy.

► MODULE 12

Step 10 — Multi-thread smartly (recruiter, peer, leader)

After your primary note to the recruiter/hiring manager, send a short, tailored message to someone in the role (for insight) and optionally to the relevant leader (for context) — never to pressure, only to add clarity.

Use the templates below to keep each message distinct and respectful.

TEMPLATE – ASK SOMEONE IN THE ROLE ABOUT CULTURE (DM)

Subject: [Personalized hook for [Name]]

Hey [Name],

I'm glad we got a chance to connect here. I recently switched gears to pursue a [FUNCTION] career and am currently looking to break into [INDUSTRY]. Wanted to reach out as I'm interested in opportunities on the [TEAM] and I was wondering if you'd be willing to share some thoughts on what it's been like working there and the culture.

Thanks and events,
[Your Name]

TEMPLATE – SALES LEADER OR HIRING LEADER (EMAIL)

Subject: [Personalized hook for [Name]]

Hey [Name],

See that you've been leading the [TEAM] at [Company] since [YEAR]. Wanted to reach out as I'm interested in opportunities on the team. I was wondering if you're involved in the hiring process at all. I'd love the opportunity to speak and share how my background could be an asset as I'm excited about the possibility of joining the team.

Thanks in advance,
[Your Name]

TEMPLATE – PASS ALONG MY RESUME TO HIRING MANAGER

Subject: [Personalized hook for [Name]]

Hi [Name],

I hope you're having a good week. I see you might be leading the hiring process at [Company] and I wanted to personally pass along my resume for the [ROLE] you have open. I'm looking to work under a fast-growing company like yours and would love the opportunity to speak about how my background could be an asset.

Hope to hear from you soon,
[Your Name]

TEMPLATE – ASK A TEAM MEMBER FOR INSIGHTS (EMAIL)

Subject: [Personalized hook for [Name]]

Hi [Name],

See that you've been on the [TEAM] at [Company] since [YEAR]. I'm interested in opportunities on your team and was wondering if you'd be willing to share thoughts on what it's been like working there and the culture.

Thanks in advance,
[Your Name]

TEMPLATE – WARM INTRO MENTION (EMAIL)

Subject: [Personalized hook for [Name]]

Hey [Name],

Was just speaking to [Referrer Name] about the role and how great the culture is. They mentioned you'd be the right person to reach regarding the [ROLE] that's open. Would love to find some time to connect and chat about how my background might align.

Let me know if you have time to connect.

[Your Name]

Tip

Use multiple channels only to increase visibility — not pressure. Each touch should add new context or value.

► MODULE 13

Salary Estimate

If someone asks for an application number you don't have, email the recruiting/careers address with your identifiers so they can locate you quickly.

TEMPLATE – I DON'T HAVE THE APPLICATION NUMBER

Subject: Help locating my application – [ROLE]

Hi Recruiting Team,

I'm following up on my application for [ROLE]. I don't have an application number handy – could you help locate it using the details below?

- Name: [YOUR NAME]
- Email used to apply: [YOUR EMAIL]
- Role: [ROLE]
- Date applied / Interview date: [DATE]

Thanks so much for the assist!

[YOUR NAME]

Tip

Some remote roles restrict hiring to certain states. Check eligibility before investing time in extended follow-ups.

► MODULE 14

Step 12 — Share work the low-friction way

Link to Google Docs, portfolio pages, or Loom rather than attaching files. Title links clearly (what it is + why it matters) and include one quantifiable result or metric near the link to drive clicks.

Tip

Attach only if explicitly requested. Links are faster to open on mobile and reduce IT/security friction.

► MODULE 15

Step 13 — If ghosted, run a respectful 2-touch close

TEMPLATE – STATUS CHECK (AFTER 2–3 BUSINESS DAYS)

Subject: Quick check on [ROLE]

Hi [FIRST NAME],

Hope your week's going well. I enjoyed our chat about [ROLE] and wanted to check on timeline. Since we spoke, I [SMALL RELEVANT ACTION: e.g., drafted a one-pager on X], in case it's useful: [LINK].

Appreciate any update you can share.

Best,
[YOUR NAME]

TEMPLATE – FINAL CLOSE-THE-LOOP (DAY 14 OR DECISION RUMORED)

Subject: Closing the loop – [ROLE]

Hi [FIRST NAME],

Following up one last time on [ROLE]. If the process has moved on, no worries at all – I appreciate the time. If helpful, I'd value any quick pointers for next time.

Wishing you and the team the best,
[YOUR NAME]

Tip

Keep both messages short and value-focused. If there's no response after this, stop unless you have new, material information.

► **MODULE 16**

Step 14 — After rejection, ask for one actionable tip

TEMPLATE – THANK YOU + QUICK FEEDBACK ASK

Subject: Thank you – and one quick favor

Hi [FIRST NAME],

Thanks for letting me know about the decision and for the time throughout. If you have 30 seconds, is there one thing I could improve for next time (resume, example depth, skill gap)? Even a single pointer helps.

I'd love to stay in touch for future roles on the team.

Gratefully,
[YOUR NAME] | [LINKEDIN URL]

Tip

Emphasize your ability to learn — many companies train on their systems. A growth mindset keeps doors open.

► MODULE 17

Step 15 — Log outcomes and prep for next round

Update your tracker (dates, responses, next steps). Capture any technical or behavioral questions asked and your refined answers. Bring one quantified example you can explain calmly and clearly in the next conversation.

Tip

If you can't articulate measurable results, you become invisible. Keep a running list of metrics you can defend in two sentences.

► MODULE 18

Mistakes to avoid



SPAMMING CHANNELS

Don't exceed three touches without new info. Respect pauses and timelines.



SENDING ATTACHMENTS

Share links (Docs/portfolio/Loom). Attach only when asked.



RELYING ONLY ON DMS

LinkedIn messages often get buried. Email first; keep DMs ultra-short.



GENERIC NOTES

Failing to reference the JD and a specific interview moment reads as mass-sent.



AI WRITING EVERYTHING

Template it yourself and have AI polish small sections for tone/clarity.



NEGATIVE TONE

No venting, guilt-tripping, or 'volcano' hints. Stay calm and helpful.



NO VALUE ADD

Always include a concrete win, metric, or resource — not vague enthusiasm.



ELIGIBILITY MISSES

Some roles limit location. Confirm before extended follow-ups.

► MODULE 19

Salary Estimate

\$24–\$30/hr

Park Aid overnight customer support associate
(source-reported)

\$24–\$30/hr

Park Aid part-time customer support associate
(source-reported)

\$20–\$22/hr

Seresti Health enrollment specialist inside sales
representative (source-reported)

\$50–\$60/survey

Prolific surveys as side income while job
hunting (source-reported)

► **MODULE 20**

Resources

RESOURCES



Google Advanced Search

Find public emails or pages to personalize your note. ↗



Google News

Pull a fresh company milestone to reference. ↗



Example Careers Page

Use your target company's careers/contact page to confirm details. ↗

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