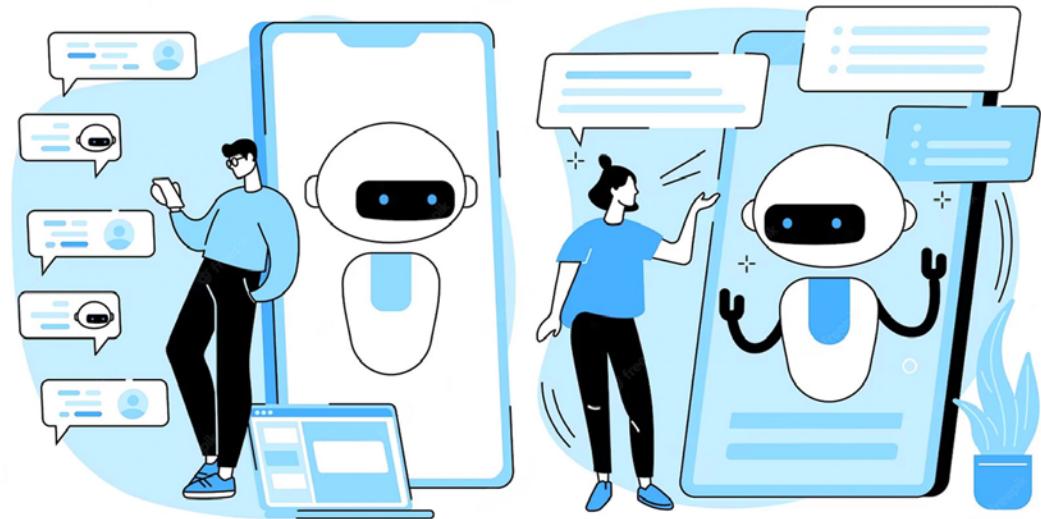


**SWEAT  
SETTER**

# LONG NURTURE

## MONTH

1



### **VALUE EMAIL #1 5 WAYS TO STAY FIT**

*Wait Until Thursday 2:00 PM*

### **ENGAGEMENT EMAIL #2 NEED HELP?**

*Wait Until Tuesday 10:30 AM*

`{}{contact.first_name}`, need any help with your nutrition?

### **VALUE EMAIL #3 5 STEP ROADMAP TO TIGHT ABS**

*Wait Until Thursday 3:00 PM*

### **ENGAGEMENT EMAIL #4 GET IN SHAPE**

*Wait Until Thursday 8:00 PM*

Are you still looking to get in shape?  
Wasn't sure if I should keep emailing  
you....- `{}{location_owner.first_name}`

### **ENGAGEMENT EMAIL #1 FREE TO WORKOUT?**

*Wait Until Tuesday 10:15 AM*

Are you available to meet me for a workout today or tomorrow?  
`{}{location_owner.first_name}`



### **VALUE EMAIL #2 CLEAN EATING BBQ**

*Wait Until Thursday 2:30 PM*

### **ENGAGEMENT EMAIL #3 WHAT ARE YOU LOOKING TO DO?**

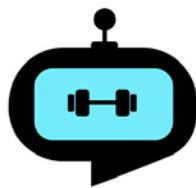
*Wait Until Tuesday 10:45 AM*

So what are you looking to do fitness-wise?



### **VALUE EMAIL #4 5 WAY TO MAKE WATER TASTY**

*Wait Until Thursday 10:45 AM*

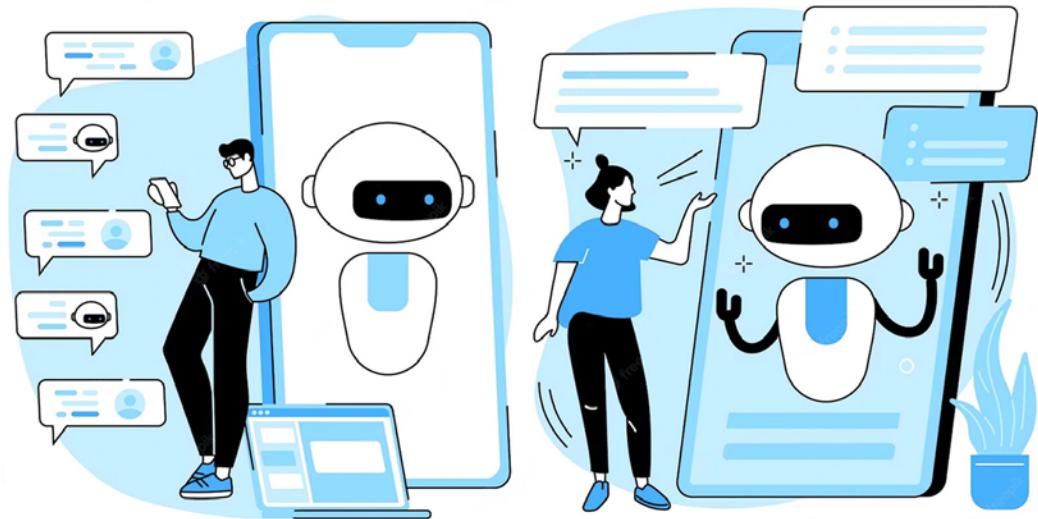


**SWEAT  
SETTER**

# LONG NURTURE

## MONTH

# 2



### VALUE EMAIL #5 5 DAY KICKSTART ABS

*Wait Until Thursday 2:00 PM*

### ENGAGEMENT EMAIL #6 MISSED CALL

*Wait Until Tuesday 10:30 AM*

*I think I just missed a call from you...  
Did you call me?  
- {{location\_owner.first\_name}}*



### VALUE EMAIL #7 HOW TO HAVE CHEAT MEAL & RECOVER

*Wait Until Thursday 3:00 PM*

### ENGAGEMENT EMAIL #8 | PLEASED WITH YOUR RESULTS?

*Wait Until Thursday 8:00 PM*

*Generally pleased with your  
results/fitness so far this season?  
Can I help?  
- {{location\_owner.first\_name}}*

### ENGAGEMENT EMAIL #5 | MEET ME AT ANOTHER SESSION

*Wait Until Tuesday 10:00 AM*

*I owe you an apology. Our morning  
classes are already booked up.*



### VALUE EMAIL #6 STEP BY STEP GUIDE TO GET BACK IN SHAPE

*Wait Until Thursday 2:30 PM*

### ENGAGEMENT EMAIL #7 HOW'S IT GOING?

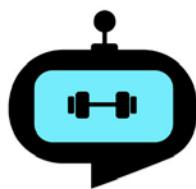
*Wait Until Tuesday 10:45 AM*

*Hey {{user.first\_name}}, how's it going?  
- {{location\_owner.first\_name}}*



### VALUE EMAIL #8 6 WAYS TO DECREASE INFLAMMATION & MUSCLE SORENESS

*Wait Until Thursday 10:45 AM*

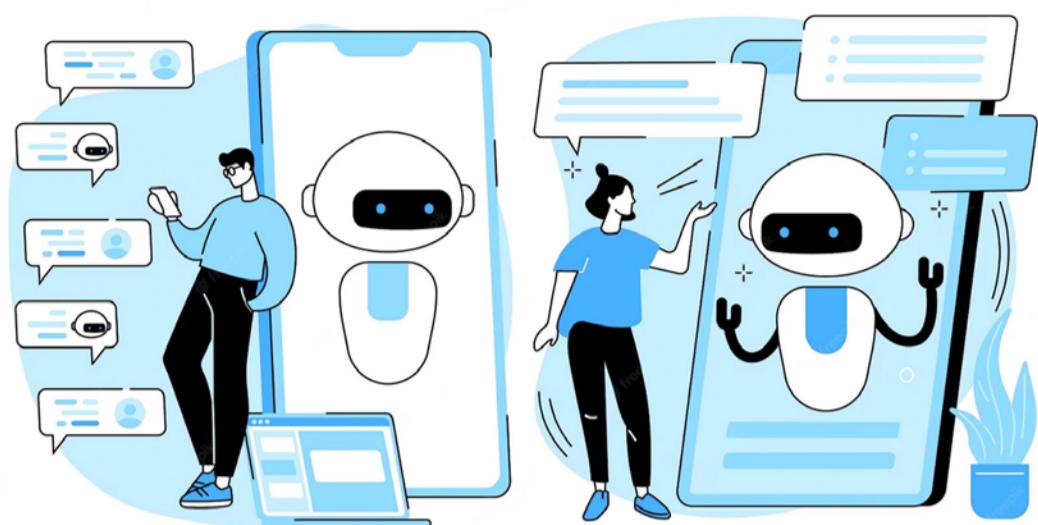


**SWEAT  
SETTER**

# LONG NURTURE

## MONTH

### 3



#### **VALUE EMAIL #9 6 WAYS TO DECREASE INFLAMMATION & MUSCLE SORENESS**

*Wait Until Thursday 2:00 PM*

#### **ENGAGEMENT EMAIL #10 WORKOUT WITH TRAINER?**

*Wait Until Tuesday 10:30 AM*

Want to workout with  
a trainer for free?

- {{location\_owner.first\_name}}

#### **VALUE EMAIL #11 5 WAYS TO DEAL WITH STRESS**

*Wait Until Thursday 3:00 PM*

#### **ENGAGEMENT EMAIL #12 GUILT FREE RECIPE**

*Wait Until Thursday 8:00 PM*

Do you have something you've been craving,  
{{user.first\_name}}?

Keeping on track with your nutrition can be  
challenging, especially if you've been craving  
one of your favorite foods.

Maybe it's a special dessert....

Or a salty snack....

Whatever it is, reply back and let me know.  
I'll send you a guilt-free alternative recipe,  
my gift to you :) This will help keep you on  
track so you won't get derailed by your  
cravings.

Hope this helps,

- {{location\_owner.first\_name}}

#### **ENGAGEMENT EMAIL #9 | PDF**

*Wait Until Tuesday 10:00 AM*

{}{{contact.first\_name}}, just wanted to  
make sure you got the PDF I sent you  
on a few days ago?

- {{location\_owner.first\_name}}



#### **VALUE EMAIL #10 7 SIMPLE WAYS TO GET YOUR DREAM BODY**

*Wait Until Thursday 2:30 PM*

#### **ENGAGEMENT EMAIL #11 | HOW MANY MONTHS TO HIT GOAL**

*Wait Until Tuesday 10:45 AM*

Curious, do you know how many months  
it would take for you to hit your goal?

- {{location\_owner.first\_name}}



#### **VALUE EMAIL #12 BEST FITNESS APPS**

*Wait Until Thursday 10:45 AM*