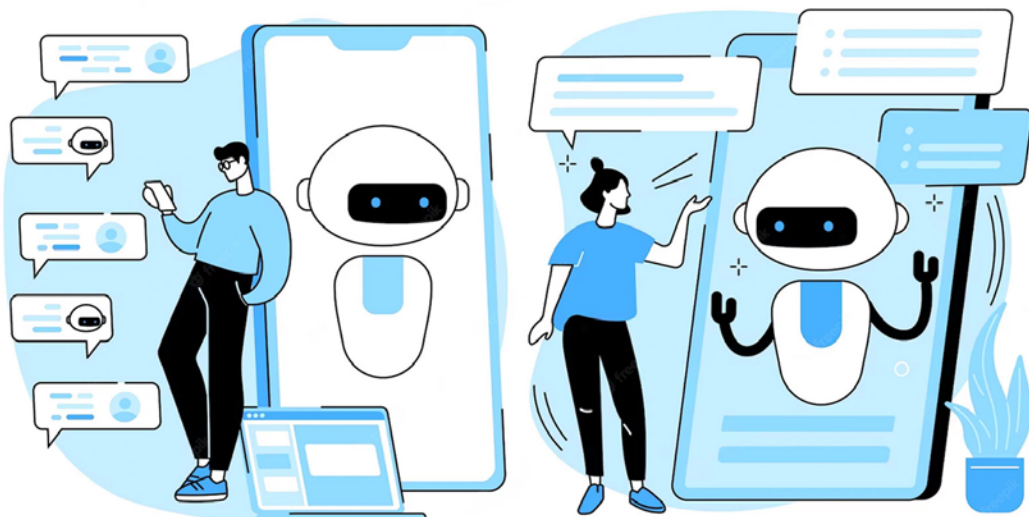




LONG NURTURE

MONTH

1



VALUE EMAIL #1 5 WAYS TO STAY FIT

Wait Until Thursday 2:00 PM

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}}

ENGAGEMENT EMAIL #2 NEED HELP?

Wait Until Tuesday 10:30 AM

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



VALUE EMAIL #2 CLEAN EATING BBQ

Wait Until Thursday 2:30 PM



VALUE EMAIL #3 5 STEP ROADMAP TO TIGHT ABS

Wait Until Thursday 3:00 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?

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}}

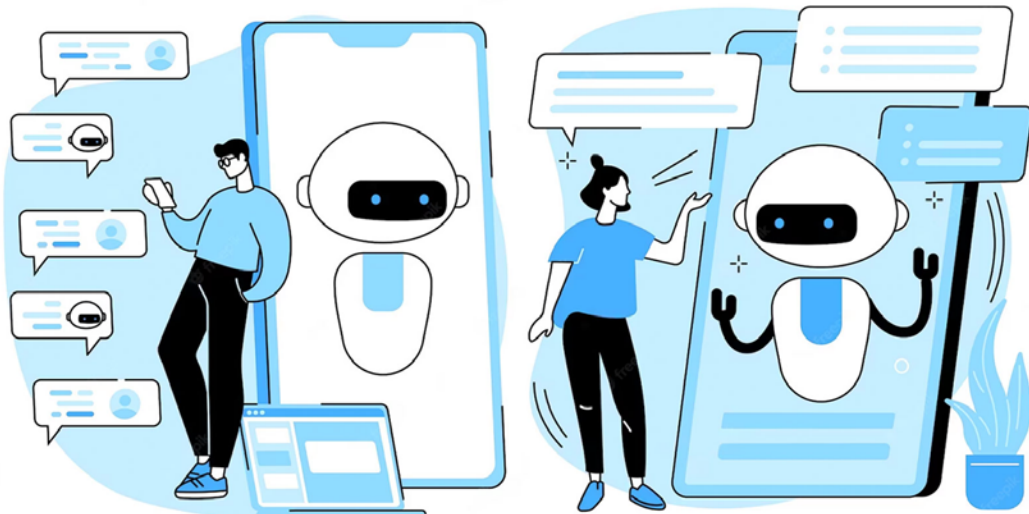


VALUE EMAIL #4 5 WAY TO MAKE WATER TASTY

Wait Until Thursday 10:45 AM

MONTH

2



VALUE EMAIL #5 5 DAY KICKSTART ABS

Wait Until Thursday 2:00 PM

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.*

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 #6 STEP BY STEP GUIDE TO GET BACK IN SHAPE

Wait Until Thursday 2:30 PM



VALUE EMAIL #7 HOW TO HAVE CHEAT MEAL & RECOVER

Wait Until Thursday 3:00 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}}*

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}}*

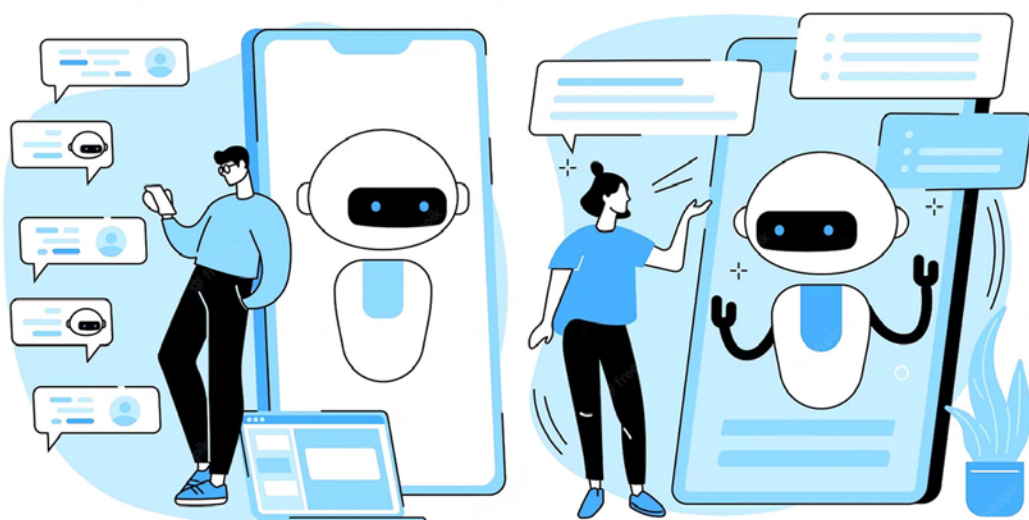


VALUE EMAIL #8 6 WAYS TO DECREASE INFLAMMATION & MUSCLE SORENESS

Wait Until Thursday 10:45 AM

MONTH

3



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

Wait Until Thursday 2:00 PM

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}}

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 #10 7 SIMPLE WAYS TO GET YOUR DREAM BODY

Wait Until Thursday 2:30 PM



VALUE EMAIL #11 5 WAYS TO DEAL WITH STRESS

Wait Until Thursday 3:00 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}}

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}}



VALUE EMAIL #12 BEST FITNESS APPS

Wait Until Thursday 10:45 AM