

SPREAD THE WORD

# Invite A Friend

We're passionate about spreading the benefits of the 40-Day Sugar Fast far and wide. If you have friends who would appreciate this opportunity, we invite you to use the provided text and extend a heartfelt invitation to join you in embracing a healthier lifestyle through the 40-Day Sugar Fast.

## SEND AN EMAIL

Hi

I'm doing a 40 Day Sugar Fast, starting on Saturday 2 November and I'd love you to join me!

By signing up you commit to giving up sugar for 40 days and in return you get everything you need to get your sugar cravings under control: daily support from expert health coaches determined to help you succeed, proven tools and a supportive community to keep you accountable. Those who have done it have really felt the health benefits and I'm excited to personally experience the difference it will make.

It would be great to do it together. I'd find it really motivating knowing that others are in it with me. We could share the experience and keep each other accountable when things get tough!

For more information and to sign up, visit [allisonliucoaching.com/sugar-fast-challenge](https://allisonliucoaching.com/sugar-fast-challenge).

Are you up for it?

## CHAT MESSAGE

Hi! I'm doing the 40 Day Sugar Fast, starting on Saturday 2 November and I'd love you to join me! It would be great to do it together. I'd find it really motivating knowing that others are in it with me. We could share the experience and keep each other accountable when things get tough! You can find out more about it here [allisonliucoaching.com/sugar-fast-challenge](https://allisonliucoaching.com/sugar-fast-challenge). Are you up for it?

## SOCIAL MEDIA POST

I'm doing a #40DaySugarFast, starting on Saturday 2 November and I'd love you to join me! It would be great to do it together. I'd find it really motivating knowing that others are in it with me. We could share the experience and keep each other accountable when things get tough! You can find out more about it here [allisonliucoaching.com/sugar-fast-challenge](https://allisonliucoaching.com/sugar-fast-challenge). Are you up for it?