**3 Free Workouts After First Checkin**

**3 Free Workouts After First Checkin** Moved To **3 Free Workouts After Second Checkin**

**Day 1 Call**

Hey [NAME], congrats on your first official Fit Body workout!

How are you feeling?

[THEIR ANSWER]

Well make sure you drink plenty of water for the rest of today and tomorrow. We usually recommend 72 ounces, which is about 9 full glasses of water.

Also, make sure you keep stretching and walking if you feel any soreness, and feel free to use hot and cold pads to loosen up those muscles.

Now, before you go, I wanted to let you know that right now you can extend your 3 free days to 21 days and save 66%! That way you can quickly lose up to 15 pounds and keep it off for good.

If you’re interested in this one time only offer, just come with me over to the check-in desk and we’ll take care of that right now!

**Day 2 Text**

*Hey [firstname], checking in from FBBC! Remember stretching + walking + water :) If there’s any way we can make your workouts even better, please lmk!*

**Day 4 Email**

**Subject:** Still available?

Hey Sue,

[StaffMemberAssigned] here again with Fit Body Boot Camp! I'm checking in since I see that you applied for three free workouts but so far you’ve only checked in for your first one. I can’t wait to help you get in shape and make real progress on your fitness journey.

See you soon!

- [StaffMemberAssigned]

**Day 4 Text**

*[firstname], haven’t seen you in a while! Would love to get you in for workout #2 tomorrow :) Call or text back and let me know if you want AM or PM!*

**Day 4 Call**

Hey [NAME], my name is [ADMIN] and I'm calling from Fit Body Boot Camp and I see that you haven’t come in yet for your second free workout here.

Well, listen, I'd like to get you in for your next workout tomorrow. That way, we can make sure you don’t lose the progress you’ve worked so far for already!

If you can call me back at this number, [PHONE NUMBER], or send me an email at [EMAIL ADDRESS], we'll set you up for your next workout.

See you later, bye.

**Day 4 FB Message**

Hi [NAME], my name is [ADMIN], here at Fit Body Boot Camp and I see that you came in for your first of 3 free workouts but you still haven’t come in for the second. Super excited to help you along on your fitness journey. Want to know if you want to work out tomorrow or the next day and if you prefer AM or PM. Just reply to this message or call me or text me at this phone number: [PHONE NUMBER]

**Day 5 Email**

**Subject:** where are you?

Hey Sue,

[StaffMemberAssigned] here again! It's been a while since we’ve seen you in boot camp. I just wanted to remind you that consistency is key when it comes to getting the best results from our workouts, so let's get you in for the next one soon.

If you can call me at this phone number [locationphonenumber] or reply to this email and let me know if you want to come in tomorrow or the next day and if you prefer an AM or a PM workout, we'll get you started on your second workout!

Have a great day!

- [StaffMemberAssigned]

**Day 5 Text**

*Hey [firstname], haven’t seen you in a while! Would love to get you in for workout #2 :) Call or text back and let me know if you want AM or PM!*

**Day 5 Call**

Hey [NAME], it’s [ADMIN] from Fit Body Boot Camp, just checking in because I see you haven’t come in yet for your second free workout here.

Well, listen, I'd like to get you in for your next workout tomorrow. That way, we can make sure you don’t lose your progress!

If you could call me back at this number, [PHONE NUMBER], or send me an email at [EMAIL ADDRESS], we'll set you up for your next workout.

See you later, bye.

**Day 5 FB Message**

*Hi [NAME], [ADMIN] again from Fit Body Boot Camp [SMILE EMOJI] I see you came in for your first of 3 free workouts but you still haven’t come in for the second. Let’s make sure you keep up the momentum so you can get the results you desire! Just need to know if you want to work out tomorrow or the next day and if you prefer AM or PM. Just reply to this message or call me or text me at this phone number: [PHONE NUMBER]*

**Day 6 Email**

**Subject:** don’t lose your progress!

Hey Sue,

[StaffMemberAssigned]here again with Fit Body Boot Camp - how are you feeling? I noticed you still haven't come in for your second of 3 free workouts and it's been almost a week since your first one.

Quite honestly, if you've been feeling sore or low-energy, the absolute best way to solve that is to come in for your next workout. You'll find very quickly that your body adapts to the new lifestyle and starts supporting you with higher energy, lower or-zero soreness, and more positive moods.

Also, don't give up the progress you made on your first workout! If you don"t keep challenging your body, you'll start to lose the results you've worked so hard for already.

So, call me at this phone number [locationphonenumber] or reply to this email and let me know if you want to come in tomorrow or the next day and if you prefer an AM or a PM workout, we'll get you started on your second of three FREE workouts!

See you soon!

- [StaffMemberAssigned]

**Day 6 Text**

*Hey [firstname], let’s make sure you don’t lost progress! Call or text back to schedule workout #2 with us at FBBC :)*

**Day 6 Call**

*Hey [NAME], it’s [ADMIN] from Fit Body Boot Camp. Hope everything is okay! I noticed you still haven’t come in for your second free workout with us.*

*I'd like to get you in for your next workout tomorrow, just to make sure you don’t lose the progress you’ve worked so far for already!*

*If you can call me back at this number, [PHONE NUMBER], or send me an email at [EMAIL ADDRESS], we'll set you up for your next workout.*

*See you later, bye.*

**Day 6 FB Message**

*Hi [NAME], [ADMIN] again from Fit Body Boot Camp [SMILE EMOJI] I see you came in for your first of 3 free workouts but you still haven’t come in for the second. Let’s make sure you don’t lose your progress! Want to know if you want to work out tomorrow or the next day and if you prefer AM or PM. Just reply to this message or call me or text me at this phone number: [PHONE NUMBER]*

**Day 7 Email**

**Subject:** last 24 hours - 3 free workouts!

Hey Sue,

[StaffMemberAssigned] here again with Fit Body Boot Camp! I'm checking in since I see that you still haven't come in for your 2nd of three free workouts.

Just as a fair warning, **if you don't come in or schedule your second workout in the next 24 hours, I'll have to cancel your remaining free workouts!**

It's the only way I be fair to all the other folks who are waiting in line for these 3 free workouts and are serious about getting in shape...

So, call me at this phone number [locationphonenumber] or reply to this email and let me know if you want to come in tomorrow or the next day and if you prefer an AM or a PM workout, we'll get you started on your next fun, effective, high-energy workout!

See you soon!

- [StaffMemberAssigned]

**Day 7 Text**

*[firstname], if I don’t hear back from you today, I’ll have to cancel your 2 remaining free workouts! Call or text back to schedule your next workout!*

**Day 7 Call**

*Hey [NAME], it’s [ADMIN] from Fit Body Boot Camp. Just wanted to let you know that it’s been a week since your first free workout, which means if I don’t hear back from you today I’ll have to cancel the rest of your 3 free workouts!*

*So, let’s get you in for your next workout tomorrow!*

*If you can call me back at this number, [PHONE NUMBER], or send me an email at [EMAIL ADDRESS], we'll set you up for your next workout and make sure you don’t miss out on those 2 free workouts you have left.*

*See you later, bye.*

**Day 7 FB Message**

*Hi [NAME], [ADMIN] again from Fit Body Boot Camp [SMILE EMOJI] I see you came in for your first of 3 free workouts but you still haven’t come in for the second. Fair warning: if I don’t hear back from you today, I’ll have to cancel the rest of your free workouts! Let me know if you want to work out tomorrow or the next day and if you prefer AM or PM. Just reply to this message or call me or text me at this phone number: [PHONE NUMBER]*

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