**3 Free Workouts After Second Checkin**

**Day 7 Email**

**Subject:** Are you ready?

Hey Sue,

Your 3 free workouts are up, so now let's see how you can make fitness a lifestyle :)

You *could* try to figure it all out on your own...which means a high risk of losing all the progress you've made already, getting frustrated, and falling into the deadly cycle of yoyo dieting and hours of boring cardio...

OR you could stay with us and guarantee your weight loss success with our high-energy workouts, community accountability, and expert nutritional guidance!

And just to make this decision even easier for you, I'll give you 50% off your first month of membership so long as you get back to me and make your decision in the next 24 hours!

Call me at [locationphonenumber] and weâ€™ll get you all set on your fitness journey.

See you soon!

- [StaffMemberAssigned]

**Day 7 Text**

*[firstname], your 3 free days are up, but I can give you ½ off your first month of membership if you respond today! Call/text me when you’re free :)*

**Day 7 Call**

*Hi [NAME], [ADMIN] here again with Fit Body Boot Camp! Your 3 free workouts are up, so now let’s see how you can make fitness a lifestyle so you keep dropping pounds and keep the results you’ve worked so hard for already.*

*You could try to figure it all out on your own, but statistics show that 89% of people who try to figure out their fitness program on their own fail. That’s why we want to help you.*

*You could stay with us and guarantee your fitness and weight loss success with our high-energy workouts, accountability, and expert nutritional guidance!*

*And just to make this decision even easier for you, I’ll give you 50% off your first month of membership so long as you get back to me and make your decision in the next 24 hours!*

*Click here [LINK TO MEMBERSHIP OFFER with 50% off first month] or call/text me at [PHONE NUMBER] and we’ll get you all set on your fitness journey.*

*Talk soon, bye!*

**Day 7 FB Message**

*Hi [NAME], your 3 free workouts at Fit Body Boot Camp are up, so now let’s see how you can make fitness a lifestyle [FLEX EMOJI]*

*You could try to figure it all out on your own…which means a high risk of losing all the progress you’ve made already, getting frustrated, and falling into the deadly cycle of yoyo dieting and hours of boring cardio…*

*OR you could stay with us and guarantee your weight loss success with our high-energy workouts, community accountability, and expert nutritional guidance!*

*And just to make this decision even easier for you, I’ll even give you 50% off your first month of membership so long as you get back to me and make your decision in the next 24 hours!*

*Click here [LINK TO MEMBERSHIP OFFER with 50% off first month] or call/text me at [PHONE NUMBER] and we’ll get you all set on your fitness journey.*

*See you soon [HAPPY FACE EMOJI]*

**3 Free Workouts After Second Checkin** Moved To **Prospect Nurture**