Hi Name,

I’m so glad that you took the time and made the effort to request your Personalized Program Preview. For many people, the anxiety associated with the unknown prevents them from ever getting started on a training program … and unfortunately many remain unhealthy and unhappy with their appearance and fitness level. So cheers to you for taking the first step … it may not seem like much, but believe me … IT IS!

I’ve included a gift card valued at $249 for two training sessions and a Health Consultation, but you must call to schedule by (insert 2 week exp.) If you have any questions, please give me a call or shoot me an e-mail. I’ll follow up in the next day or so to make sure you got this.

Have a wonderful day!

Name