



## 14-Day Reset?

## [FIRST NAME],

It's been a while since we last worked together, and I wanted to check in and see how you're doing.

Sometimes it's easy to fall off the health-wagon, especially when you haven't got someone breathing down your neck

I am launching a "14-Day Health Reset Challenge" for some of my other previous clients and wanted to extend this invite to you.

Even though we aren't currently working together, I want to show you our new methods that have been working incredibly well for my current clients.

They have been able to:

- ▼ [RESULT EXAMPLE]
- ▼ [RESULT EXAMPLE]
- ▼ [RESULT EXAMPLE]

If you're interested, it will be starting on [SPECIFIC DATE], and running until [END DATE].

The goal is to [GOAL].

Highlights of the challenge:

- 1 Weekly check-ins to track your progress
- [Another feature of the challenge]
- [Yet another feature]

## Best of all, it's on me!

Interested?

## [LINK TO SIGN UP OR LEARN MORE ABOUT THE CHALLENGE]

Hopefully you get this email in time as I know how much you would love this (especially given how much everything has improved since last time).

Speak soon,


