

# Remember When



# [NAME], remember this?

[FIRST NAME]

I recently stumbled across this photo back when we were training together, and I thought that I had to reach out ...

[INSERT A PICTURE OF PAST PROGRESS]

I'd love to know how you have been getting on with [GOAL] and if you have been able to keep [PREVIOUS ACHIEVEMENTS].

Since then, I have been learning some new techniques and strategies that I can't wait to share with you ... even if it's just over a quick call for old times sake

Let me know if you're free for a catch up!

Lined area for handwritten notes, consisting of approximately 18 horizontal dashed lines.

