

Welcome Email to Beachbody customers

Welcome to Team beachbody! Congratulations on your decision to begin your health and fitness journey with using a beachbody program. You should be really proud of yourself for taking this first step in taking care of you. You will not regret this decision as long as you follow the program and keep going!

Beginning a health and fitness program is a BIG STEP and you are NOT going to have to do this alone. AS your Free Team beachbody coach, I am here to help you every step of the way. It is up to you, the level of support you would like to receive from me.

Please answer these few questions so I can get to know you and know how to best support you in this amazing journey you have decided to take.

1. Why did you decide to purchase this program and what are your first 30 day goals?
2. What time will you be working out each day?
3. What is your current nutrition like?
4. What do you see as being your biggest struggle and/or concern?

I cannot wait to hear back and help you get started.

I wanted to let you know that I also started as a customer just like you on 8/2/10 by making my first beachbody program purchase. It was p90x. I had just had my 2nd daughter, she was 2 months old, my first one was 4 years old and I was home with them. My husband was the only source of income and we needed to figure out a way to get in shape together without spending money on a gym membership we know we wouldn't use with 2 little ones at home and him working 10 hour days. I found a friend on facebook who had great results and began asking questions. He told me about p90x and coaches me thru my first 90 days losing 18lbs and 18 inches. It was AMAZING, life changing, and VERY HARD, BUT DOABLE with the right mindset, determination, and SUPPORT! I have since completed 5+ more beachbody programs and have lost a total of 28lbs and about 29 inches all around.

I truly am excited to connect and hopefully you will allow me to be part of your journey!

Would email/text/phone/facebook be the best way for us to communicate?

Thank you for your time

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