

Other Button Responses

Lose Weight Now

Simple responses:

- Are you Serious or Curious?
- What are your wellness goals?
- How much weight do you want to lose?

If I could show you a way to lose your ___ lbs, would you be interested in hearing about it?

Keep it short and sweet and don't do a wellness evaluation right there.

"I am a wellness coach and help people design personal nutrition plans to help them achieve their health goals. I have to go pick up my son in 15 minutes so I can't chat right now. How about I get your number and call you and we can schedule a free wellness evaluation. Sound good?"

Then about 30 minutes later, text them. "It was great meeting you. I am so sorry I was in a rush but lets set up a time to meet and chat more. I have an opening on ___ (soon). Are you free then?"

Work from Home

Simple responses:

- Are you Serious or Curious?
- If I could show you a way to help others get healthy while getting awesome results yourself – would you be interested?

"I am a wellness coach and work with people to achieve their health goals. I fit it in the nooks and crannies of my life and love the extra income. I have to go pick up my son in 15 minutes so I can't chat right now. How about I get your number and call you and we can schedule time to meet? Sound good?"

Then about 30 minutes later, text them. "It was great meeting you. I am so sorry I was in a rush but lets set up a time to meet and chat more. I have an opening on ___ (soon). Are you free then?" (You can also invite them to a HOM and/or STS to learn more.)