

Dear [Client Name],

Welcome to your Personalized Wellness Journey! We are thrilled to partner with you as you take this significant step toward achieving your health and lifestyle goals.

Our mission is to provide you with the tools, guidance, and support necessary to create lasting change. Based on your initial assessment, we have begun crafting a roadmap tailored specifically to your unique needs and aspirations.

**What to expect next:**

- **Discovery Call:** Scheduled for [Date/Time] to review your personalized plan.
- **Resource Portal:** You will receive a separate email with login details to access your workout guides and nutrition templates.
- **Weekly Check-ins:** We will connect every [Day of the week] to track your progress and make adjustments.

In the meantime, please complete the [Name of Form/Task] located in your client dashboard so we can hit the ground running.

We are honored to be part of your transformation. If you have any questions before our first session, please reply directly to this email.

To your health,

[Your Name/Coach Name]

[Company Name]

[Phone Number/Website]