



**Subject: Congratulations on your improvements so far...**

Dear [Member or Guest Name],

Congratulations on your progress so far, keep up the great work and I know you'll achieve your goal.

Would you please take a few minutes to answer the questions below? It will help me to understand where you're at in the process, and with your permission I'd like to use the results you've achieved so far to inspire others to follow in your footsteps as well:

1. What was your situation like before you started [Insert Lesson Programme]?
2. What worries or fears did you have about making the decision to start the [Insert Lesson Programme]?
3. What happened between then and now?
4. What specific results do you have now?
5. How do you feel and how has your life changed as a result?

Thanks in advance for your time and for being such a great student!

Many thanks,

[Insert coach name]

[Insert coach title/position]