How many members are interested in nutrition at your gym?

First post

This is a **playbook** that will give you the exact number of people in your gym who are interested in nutrition.

I would say all of them are interested — because all of us have struggled with nutrition in the past: you, your friends, your partner and, of course, your members.

But as a business owner, you're afraid to launch something that won't be a total success and a cash machine. And I get it.

So let's see who in your gym is interested in nutrition.

Follow this playbook step by step:

Step 1

Take this post and publish it in your private group, via email or on Instagram with this caption:



COPY THIS CAPTION

Want to know what to eat based on your WODs and your needs? We're giving you the No Scale Plan for FREE — just drop 🙋 in the comments and we'll send it your way.

Download the post 1

Step 2

Send this link to everyone who comments:

Open the No Scale Plan

Follow up with your members

Five days later

Step 3

Five days later, take this post and publish it again in your private group, via email or wherever you reach your members, with this caption:



COPY THIS CAPTION

Have you ever wondered what you should eat based on your goal? We're giving you the No Scale Plan for FREE so you know exactly what to eat to reach your goal — just drop 💪 in the comments and we'll send it your way.

Download the post 2

Step 4

Send this link to everyone who comments:

Open the No Scale Plan

Send the last call

Five days after the follow-up

Step 5

Last call! Five days later, take this new post and send it to all your members with this caption:



COPY THIS CAPTION

Want a tailored shopping list to go with your nutrition plan? We've got you covered with the FREE No Scale Plan! Just drop 🙋 in the comments and we'll send it your way.

Download the post 3

Step 6

Send this link to everyone who comments:

Open the No Scale Plan

Measure interest

Review your results

Step 7

Review how many people actually commented on your posts. How many times did you send that link?

This will give you a first look at how many people are interested in nutrition at your gym.

Step 8 · Let’s talk

Then, once you have that number, let’s talk and see if we can turn that into a nutrition system that transforms their lives and adds revenue to your gym.

Book your 15-minute intro call