

Personalized Health Audit Request

Date: [Insert Date]

Dear [Member's Name],

We hope this message finds you in great health and spirits! At [Fitness Center Name], we strive to provide our members with the best support possible on their fitness journeys. As part of our commitment to your health and wellness, we are excited to offer you a personalized health audit.

The health audit is designed to assess your current fitness levels, set realistic goals, and provide tailored recommendations to help you achieve your wellness aspirations. This session will include:

- A comprehensive health questionnaire
- Fitness level assessments
- Personalized goal-setting
- Nutritional guidance

To schedule your personalized health audit, please reply to this email or contact us at [Contact Information] by [Insert Deadline]. We encourage you to take advantage of this opportunity to enhance your fitness experience with us.

Thank you for being a valued member of [Fitness Center Name]. We look forward to supporting you on your path to wellness!

Sincerely,

[Your Name]

[Your Position]

[Fitness Center Name]

[Contact Information]