

Dear [Friend's Name],

I just wanted to take a moment to tell you how incredibly proud I am of you for making this lifestyle change. It takes a lot of courage and determination to take such steps, and I admire your commitment.

Remember, every small step you take is a victory in itself. Embrace the journey, and don't be too hard on yourself during the tough times. It's all part of the process! You have the strength within you to overcome any challenge, and I am here to support you along the way.

Keep your head held high, and celebrate your progress, no matter how small. I believe in you and your ability to create the life you want. Let's keep cheering each other on!

With all my support and encouragement,

[Your Name]