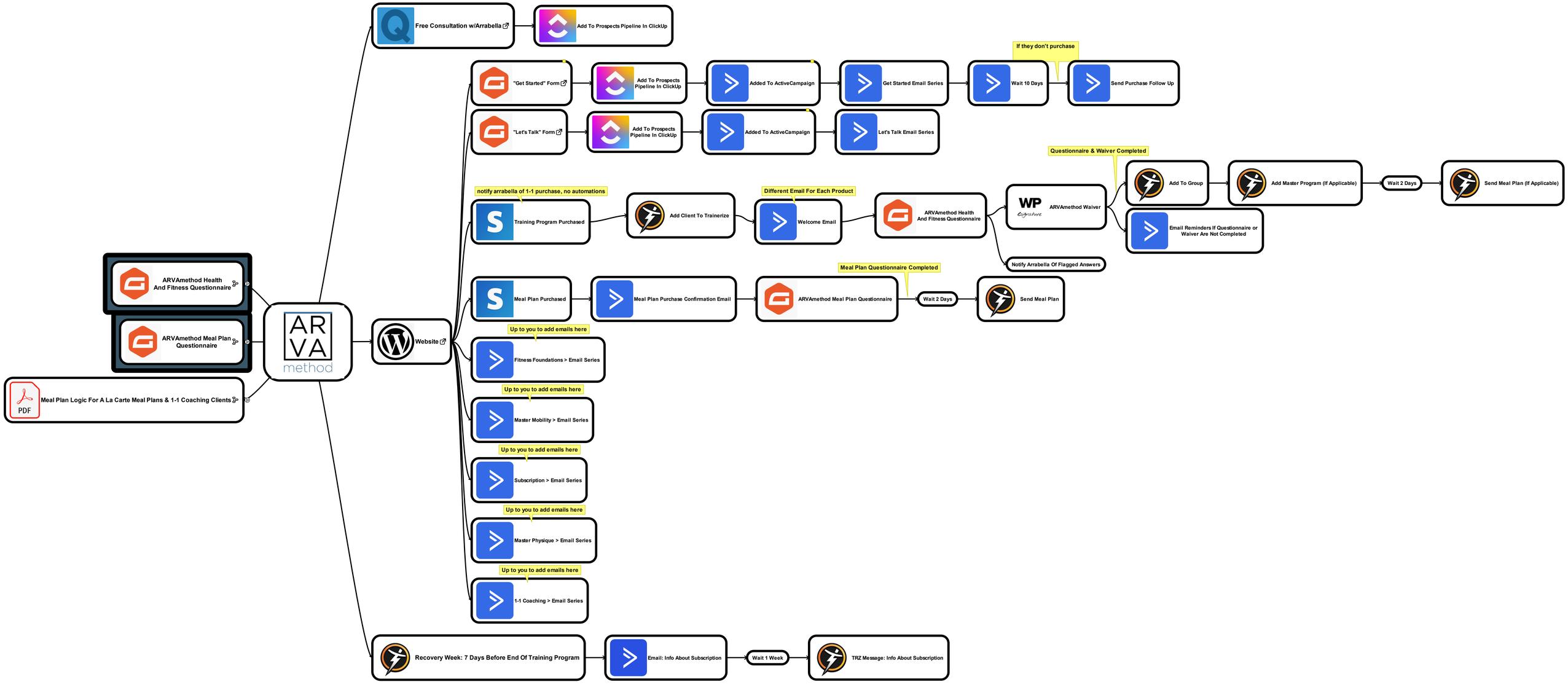
ARVAmethod Health And Fitness Questionnaire
ARVAmethod Meal Plan Questionnaire
Meal Plan Logic For A La Carte Meal Plans & 1-1 Coaching Clients
ARVA method
Free Consultation w/Arrabella
Add To Prospects Pipeline In ClickUp
Website
"Get Started" Form
Add To Prospects Pipeline In ClickUp
Added To ActiveCampaign
Get Started Email Series
Wait 10 Days
If they don't purchase
Send Purchase Follow Up
"Let's Talk" Form
Add To Prospects Pipeline In ClickUp
Added To ActiveCampaign
Let's Talk Email Series
notify arrabella of 1-1 purchase, no automations
Training Program Purchased
Add Client To Trainerize
Different Email For Each Product
Welcome Email
ARVAmethod Health And Fitness Questionnaire
ARVAmethod Waiver
Questionnaire & Waiver Completed
Add To Group
Add Master Program (If Applicable)
Wait 2 Days
Send Meal Plan (If Applicable)
Email Reminders If Questionnaire or Waiver Are Not Completed
Notify Arrabella Of Flagged Answers
Meal Plan Purchased
Meal Plan Purchase Confirmation Email
Meal Plan Questionnaire Completed
ARVAmethod Meal Plan Questionnaire
Wait 2 Days
Send Meal Plan
Up to you to add emails here
Fitness Foundations > Email Series
Up to you to add emails here
Master Mobility > Email Series
Up to you to add emails here
Subscription > Email Series
Up to you to add emails here
Master Physique > Email Series
Up to you to add emails here
1-1 Coaching > Email Series
Recovery Week: 7 Days Before End Of Training Program
Email: Info About Subscription
Wait 1 Week
TRZ Message: Info About Subscription