

Struggling to book 1:1 Sales Call with your Leads?

1. Lead: "Mujhe apne health ko improve karna hai, par samajh nahi aa raha kahan se shuru karu?"

♦ **Response:**

"Bilkul! Aapka pehla step sahi direction me lena hi sabse important hai. Pehle mujhe aapke lifestyle aur health goals ke baare me thoda bataye, taaki mai aapke liye ek personalized plan bana saku. Aapko ek free health assessment bhi dunga! 😊 Aap kab baat karne ke liye free hain?"

2. Lead: "Aapke program ka price kya hai?"

♦ **Response:**

"Hamare programs customized hote hain, taaki aapki specific health needs aur goals ko fulfill kiya ja sake. Pehle mai aapki needs samajhna chahunga, phir ek perfect plan suggest karunga. Aapke fitness aur health goals kya hain? 💪😊"

3. Lead: "Mujhe weight loss karna hai, par dieting nahi kar sakti!"

♦ **Response:**

"Koi tension nahi! Mera approach **strict dieting se alag hai** – mai aapko **balanced eating aur sustainable lifestyle changes** sikhata hoon, jisse aap bina bhooke rahe apna weight manage kar sakein. Aapke current food habits aur routine ke baare me bataye?"

4. Lead: "Mujhe health improve karni hai, par motivation nahi hai!"

♦ **Response:**

"Sabse pehla step motivation ka nahi, **habit banane ka hota hai!** Agar aapko ek **easy aur enjoyable plan** mile jo aapke lifestyle me fit ho, to kya aap usse follow kar

sakenge? Mai aapko ek step-by-step guide dunga jo aapke routine ko transform karega!
🚀"

5. Lead: "Mujhe gym pasand nahi hai, phir bhi fit ho sakti hoon?"

♦ Response:

"Haan bilkul! Fitness sirf gym jaane ka naam nahi hai. Mai aapko **home workouts, bodyweight exercises aur easy-to-do movements** sikhaunga jo bina gym jaaye bhi aapko fit aur active bana sakti hain! Kya aap apne routine ke baare me bata sakti hain?"

6. Lead: "Mere paas time nahi hai, fir bhi healthy reh sakta hoon?"

♦ Response:

"Aapke busy schedule ke hisaab se mai **smart strategies** bana sakta hoon jo aapko bina zyada waqt lagaye healthy aur energetic rakhengi! Kya aapko ek **quick 10-minute health plan** chahiye jo aap apni routine me add kar sakein?"

7. Lead: "Aapka program kitne din ka hai?"

♦ Response:

"Health ek **long-term journey** hai, aur mai chahunga ki aap sirf ek program complete na karein, balki **lifetime ke liye apni health ko upgrade karein!** Aapke goal ke hisaab se mai ek **4-week ya 8-week plan** recommend kar sakta hoon. Aapka target kya hai?"

8. Lead: "Mai pehle bhi kaafi programs try kar chuka hoon, par result nahi mile!"

♦ Response:

"Mai samajh sakta hoon ki aapko frustration ho rahi hogi. Isliye mera program **generic nahi, personalized hota hai!** Pehle mai ye samjhunga ki pehle wale programs me kya kaam nahi kiya, phir uske basis pe aapke liye **best strategy** banaunga. Aapka sabse bada struggle kya raha hai?"

9. Lead: "Aapke paas koi client testimonials hain?"

♦ Response:

"Bilkul! Hamare kaafi clients ne apni **body transformation aur health improvements** achieve ki hain. Mai aapko kuch real client results share kar sakta hoon jo aapko confidence denge! Aap kis tarah ka transformation dekhna chahenge?"

10. Lead: "Kya aapka program 100% natural hai?"

♦ Response:

"Yes! Mai **completely natural aur sustainable methods** pe kaam karta hoon. No fad diets, no artificial supplements – sirf **real food aur healthy lifestyle changes** jo aap life bhar follow kar sakein! Aapko kis tarah ki health improvement chahiye?"

11. Lead: "Aapke program me diet aur workout dono included hain?"

♦ Response:

"Yes, mai **holistic transformation** pe focus karta hoon – aapko **personalized diet guidance + workout routine** milega jo aapke body type aur goals ke hisaab se designed hoga. Kya aapko **weight loss, muscle gain ya general fitness** me interest hai?"

12. Lead: "Mujhe sirf diet plan chahiye, workout nahi!"

♦ Response:

"Koi issue nahi! **Aapke food habits ko optimize karke** bhi aap apni body ko transform kar sakte hain. Mai aapko ek **practical aur sustainable meal plan** dunga jo aapki cravings aur schedule ke hisaab se fit ho. Aapke eating habits kaise hain?"

13. Lead: "Mujhe PCOS/Diabetes/Thyroid hai, kya aapka program kaam karega?"

♦ Response:

"Yes, **health conditions ke hisaab se special nutrition aur fitness plans** design kiye

jaate hain. Pehle mai aapka **detailed assessment** karunga taaki aapke health condition ke according **best plan** ban sake. Aapki health history ke baare me bataye?"

14. Lead: "Mujhe 10kg weight lose karna hai, kitna time lagega?"

♦ **Response:**

"Healthy aur sustainable weight loss **fast track nahi hota**, par agar aap consistency rakhein to **4-8 weeks me noticeable changes** aana start ho jaayenge. Aapke metabolism aur lifestyle ke basis pe mai **best timeframe** suggest kar sakta hoon!"

15. Lead: "Kya aap meal plans aur workout videos bhi dete hain?"

♦ **Response:**

"Haan bilkul! Aapko **weekly meal plans + workout guides** milengi jo step-by-step follow kar sakte hain. Iske saath mai **live coaching aur progress tracking** bhi karta hoon. Kya aapko ek **sample plan** chahiye?"

16. Lead: "Mai vegetarian hoon, kya mere liye bhi customized plan hai?"

♦ **Response:**

"Haan, bilkul! **Vegetarian aur vegan** clients ke liye bhi customized meal plans available hain jo **high-protein aur nutritious** hon! Aapke favorite foods kaunsa hain, mai unhi ko include karne ki koshish karunga!"

17. Lead: "Mujhe apni immunity boost karni hai, kya aap madad kar sakte hain?"

♦ **Response:**

"Haan, aaj ke time me **strong immunity sabse zaroori hai!** Mai aapko **science-backed natural ways** bataunga jisse aap **apni immunity naturally strong** kar sakein. Aapka current lifestyle kaisa hai?"

18. Lead: "Kya mujhe gym jaana zaroori hai?"

♦ Response:

"Bilkul nahi! Aap **ghar pe ya outdoor workout** se bhi amazing results paa sakte hain! Mai aapko ek **home workout plan** dunga jo aapke busy schedule me fit ho sake!"

19. Lead: "Mujhe weight loss karna hai, par main apni favorite cheezein nahi chhod sakta!"

♦ Response:

"Koi baat nahi! **Crash diets nahi, smart food swaps** karna zaroori hai. Mai aapke favorite foods ko include karke **balance create karunga** taaki aap bina sacrifice kare fit ho sakein. Aapko kaunse foods sabse zyada pasand hain?"

20. Lead: "Aapki coaching online hai ya offline bhi available hai?"

♦ Response:

"Meri coaching **100% flexible hai** – aap chahein to **online** guidance le sakte hain ya agar aapke sheher me ho to **offline meet-up bhi possible hai!** Aap kaunsi city se hain?"

21. Lead: "Mujhe sirf ek consultation chahiye, full program nahi!"

♦ Response:

"Sure! Aap **ek single consultation** lekar apne doubts clear kar sakte hain. Mai aapko **customized advice aur ek structured plan** dunga jo aap apne end pe implement kar sakein. Aap kis tarah ka consultation prefer karenge – **diet, fitness ya overall lifestyle coaching?**"

22. Lead: "Kya aapki coaching me daily check-ins hote hain?"

♦ Response:

"Haan, mai **regular progress tracking aur motivation check-ins** karta hoon taaki aap consistent bane rahein! Aapke results kaafi behtar honge jab aapko **continuous**

guidance aur support milega. Aapko kis tarah ka check-in system pasand aayega – daily, alternate days ya weekly?"

23. Lead: "Kya mai is program ko apne busy schedule ke saath follow kar sakta hoon?"

♦ **Response:**

"Bilkul! Mai **fast-paced professionals aur busy moms ke liye bhi customized health plans** banata hoon. Aapko sirf **10-15 minute daily** dene hain aur aap noticeable results dekh paayenge! Aapka daily schedule kaisa rehta hai?"

24. Lead: "Mujhe lagta hai mai khud se bhi weight loss kar sakta hoon, mujhe coaching ki kya zaroorat?"

♦ **Response:**

"Haan, aap khud se bhi try kar sakte hain, par **80% log bina structured plan ke results nahi dekhte**. Coaching ka fayda yeh hai ki aap **proven strategy aur expert guidance** ke saath apne goal tak faster aur efficiently pahunch sakte hain. Aap pehle bhi khud try kar chuke hain?"

25. Lead: "Kya mai EMI me payment kar sakta hoon?"

♦ **Response:**

"Haan, humare paas **flexible payment plans** hain jisse aap **EMI me bhi enroll** kar sakte hain. Health ek investment hai, aur aapko **affordable aur stress-free tareeke se start karne ka option** milega. Kya mai aapko payment options ke details bheju?"

26. Lead: "Agar mujhe aapka program pasand na aaye to refund milega?"

♦ **Response:**

"Hamari coaching results-driven hai, par agar aapko program pasand na aaye to **7-day satisfaction guarantee** hai. Mai aapke saath **ek discovery call** bhi kar sakta hoon

taaki aap pehle samajh sakein ki ye aapke liye best fit hai ya nahi! Aapko pehle ek trial session lena pasand hoga?"

27. Lead: "Mujhe sirf belly fat reduce karna hai, ye possible hai?"

♦ Response:

"Belly fat spot-reduce nahi kiya ja sakta, par **right training aur diet** se aapka **overall fat loss** ho sakta hai jo belly fat ko bhi kam karega. Mai aapko **targeted exercises + diet plan** dunga jo fast aur effective results dega. Aapne pehle koi plan try kiya hai?"

28. Lead: "Mujhe gym ka plan nahi chahiye, sirf ghar pe workout karna hai!"

♦ Response:

"Koi issue nahi! Mai **home workout-based fitness program** provide karta hoon jo bina gym jaaye bhi aapko **fat burn aur strength build** karne me madad karega. Aapke paas **koi workout equipment** hai ya **sirf bodyweight exercises** chahte hain?"

29. Lead: "Aapka program start karne ke liye mujhe kya chahiye?"

♦ Response:

"Sirf **dedication aur ek strong reason** ki aap apni health improve karna chahte hain! Mai aapko **step-by-step guide** dunga jo aapke lifestyle aur goals ke according hoga. Aap kis date se start karna chahenge?"

30. Lead: "Kya aap ek saath meri puri family ka health plan bana sakte hain?"

♦ Response:

"Haan, **family health coaching** bhi available hai! Mai **customized plans** bana sakta hoon jo **har family member ke age, lifestyle aur health goals** ke according tailored honge. Aapke family me sabke **health goals** kya hain?"



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