**Online Core Training pre-session emails (bcc to group)**

**Before session 2:**

Hello everyone,

It was lovely to see you at today’s session.

In preparation for session 2, please read chapters 2 and 3 of *A Healthy Start* practitioner handbook and complete workbook pages 12 and 14.

Here’s a reminder of the meeting log in details:

**Meeting link:**

**Meeting ID:**

**Passcode:**

I’m looking forward to seeing you next (DAY) at (TIME) when we’ll be joined by (NAME), another HENRY trainer. To help us start the session on time, please feel free to log on few minutes earlier.

Best wishes,

**Before session 3:**

Hello everyone,

It was great to see you at today’s session and thank you for your thoughtful contributions.

In preparation for session 3, please re-read chapters 2 and 3 of *A Healthy Start* practitioner handbook.

Here’s a reminder of the meeting log in details:

**Meeting link:**

**Meeting ID:**

**Passcode:**

(NAME) and I are looking forward to seeing you next (DAY) at (TIME). As before, please feel free to log on a few minutes earlier so we can start promptly.

Best wishes,

**Before session 4:**

Hello everyone,

In preparation for session 4, please read chapters 5 and 8 of *A Healthy Start* practitioner handbook and complete workbook pages 25, 26 and 27. The activity on page 26 is just for individual reflection – there will be no feedback on this during the session.

Here’s a reminder of the meeting log in details:

**Meeting link:**

**Meeting ID:**

**Passcode:**

I look forward to seeing you at the next session.

Best wishes,

**Before session 5:**

Hello everyone,

It was great to see you again today. In preparation for session 5, please read chapter 9 of

*A Healthy Start* practitioner handbook.

Here’s a reminder of the meeting log in details:

**Meeting link:**

**Meeting ID:**

**Passcode:**

I look forward to seeing you at the next session.

Best wishes,

**Before session 6:**

Hello everyone,

Thank you for all your thoughtful reflections during today’s session. In preparation for session 6, please complete the following:

* Read chapters 6 and 12 of *A Healthy Start* practitioner handbook
* Complete the quiz on workbook page 38
* Look at *Food and activity diary* on workbook page 53 in preparation for session 7

Here’s a reminder of the meeting log in details:

**Meeting link:**

**Meeting ID:**

**Passcode:**

Looking forward to seeing you at the next session.

Best wishes,

**Before session 7:**

Hello everyone,

In preparation for session 7, please read chapter 13 of *A Healthy Start* practitioner handbook and complete workbook pages 42, 44 and the *Food and activity diary* on page 53.

As we will be thinking about food labels, it would be helpful if you could bring along one or two items of food packaging from everyday snacks and meals e.g. cereal packets/bars, biscuits, tins, yoghurt, ready meals etc.

As always, here’s a reminder of the meeting log in details:

**Meeting link:**

**Meeting ID:**

**Passcode:**

Best wishes,

**Before session 8:**

Hello everyone,

Thank you for all your thoughtful contributions during today’s session. I can’t believe that next session will be our final one. In preparation for session 8, please complete the following activities:

* Read chapters 15 and 16 of *A Healthy Start* practitioner handbook
* Glance through pages 195 – 196 in *A Healthy St*art practitioner handbook
* Complete workbook pages 47, 49 and 50
* Analyse *Food and activity diary* (page 53) using table on workbook page 54

Here are the meeting log in details, as usual:

**Meeting link:**

**Meeting ID:**

**Passcode:**

Best wishes,