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14-Day Fall Wellness Reset

Long-Form Direct-Response Sales Page

AUDIENCE	Health-conscious adults seeking a structured seasonal nutrition reset
OBJECTIVE	Convert readers into purchasers of a \$57 guided wellness program
DELIVERABLE	Long-form promotional landing page. Client identifiers removed and wellness claims updated for portfolio use.

A SEASONAL RESET THAT FITS REAL LIFE

Head Into Fall Feeling Lighter, Stronger, and More in Control

Build nourishing routines, support comfortable digestion, and enjoy steady energy with a practical two-week plan.

THE 14-DAY FALL WELLNESS RESET

\$57

Two weeks of meal planning, recipes, guided reflection, and private support

START YOUR FALL RESET

This Reset Is for You If...

- ◆ You worked hard to feel good through spring and summer - and want to keep that momentum going.
- ◆ You want satisfying seasonal meals without complicated rules or constant calorie counting.
- ◆ You're ready to understand which foods help you feel energized, comfortable, and clear-headed.
- ◆ You want a short-term structure that teaches habits you can use long after the 14 days end.

FROM AUTUMN SLUMP TO AUTUMN RESET

What If This Season Could Feel Different?

Cooler weather often brings richer food, disrupted routines, less movement, and a calendar packed with tempting seasonal treats. Before long, the habits that helped you feel your best can become harder to maintain.

But the shift into fall doesn't have to mean sluggish afternoons, uncomfortable digestion, or abandoning your goals. You can use the change of season as a natural opportunity to pause, simplify, and rebuild routines that genuinely support you.

Over 14 guided days, you'll focus on fresh, satisfying foods; learn to notice how your body responds; and create a personal foundation you can carry into the busiest months of the year.

Imagine Finishing the Reset With...

- ◆ A calmer, more comfortable approach to digestion and daily meals.
- ◆ More consistent energy without relying on an afternoon caffeine rescue.
- ◆ A clear understanding of the foods and routines that help you feel your best.
- ◆ A practical collection of nourishing recipes you'll actually want to make again.
- ◆ The confidence to navigate seasonal celebrations without an all-or-nothing mindset.

No starvation plan. No juice-only cleanse. No complicated wellness performance. Just real food, thoughtful guidance, and two focused weeks to reconnect with your goals.

THE LEARNING JOURNEY

You Won't Just Follow a Plan. You'll Learn What Works for You.

The Fall Wellness Reset begins with a simplified menu designed to make patterns easier to notice. You'll track meals, energy, digestion, and other observations in your personal food diary. As foods are reintroduced, you'll have a clearer picture of how your everyday choices affect the way you feel.

By the end of the program, you'll have more than a completed two-week challenge. You'll have a usable framework for planning meals, making informed choices, and returning to supportive habits whenever life gets busy.

Everything You Receive

50+ Recipe Guide	Flavorful, approachable recipes built around satisfying seasonal ingredients.
Two Weeks of Meals	A guided meal plan plus a detailed shopping list to simplify preparation.
Personal Food Diary	A structured place to track what you eat, how you feel, and patterns you notice.
Private Community	Encouragement and accountability from others completing the same reset.
One-to-One Support	Private access to ask questions and receive personalized guidance.

That's 14 full days of recipes, planning, reflection, community, and guidance - offered at an introductory price of just \$57.

A SMALL COMMITMENT. A USEFUL NEW START.

Give Yourself 14 Days to Reset the Rhythm of Your Fall

You don't need a perfect schedule, an empty social calendar, or a cabinet full of expensive supplements. You need a clear plan, real food, and support that helps you follow through.

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START YOUR FALL RESET

Your next season will arrive either way. This is your invitation to enter it with a plan that feels practical, encouraging, and entirely your own.

Offer and pricing shown as part of the original direct-response concept. Client identity has been removed. Wellness language has been updated for responsible portfolio presentation.