



**SAMPLE POST using
CONTENTCREATION FORMULAS: * PRESENT
CONTENT IN THIS WAY AND YOUR ENGAGEMENT WILL INCREASE
RAPIDLY!**

P.A.D.S (Problem, Agitation, Discredit, Solution)

PROBLEM: “Are you sick of eating any meal
and immediately feeling bloated?”

“Are you tired of saying you will start at the gym
on Monday?”

AGITATION: “Its almost like no matter what you
eat, you feel puffy and lethargic and thec worst
part is...you have no idea what the root cause
is”

“Its always the same, you stop and start at the gym, feel guilty for the money wasted when you dont go and the worst part is your gaining more and more weight”

DISCREDIT: “Most people resort to pills, probiotics, an elimination diet, or even stopping eating altogether but these methods are ineffective cus....

“Most people join the gym, pay the fee, vow to go 3 times per week but theres no one there to keep them accountable or to support them when life gets in the way”

SOLUTION: “Heres how I fix this issue with my clients. I use this 3 step formula called....

“In my program/gym I fix this issue by holding your hand and kiocking you up the arse when needed so you are guaranteed results”