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Everything free on coachluke.com is sent within a few minutes of signing up: the 14-Day Reset, Day 1 of a 5-day challenge, a Free Resource Library guide, a bonus guide from an article, or the free guide that comes with a 60-second check. If it's not in your inbox, work through these steps in order.

1. Check spam and junk

The most common culprit. Search your spam folder for "Coach Luke" or the name of what you signed up for. If it's there, mark it "Not spam" so the next emails land in your inbox.

2. Check the Promotions tab (Gmail)

Gmail often files new senders under Promotions. Check that tab, and if the email is there, drag it to your Primary inbox. Gmail learns from that.

3. Check for typos in your email address

A surprising number of missing emails are one mistyped letter. If you suspect a typo, just sign up again on the same page with the correct address. It takes ten seconds.

4. Add Coach Luke to your contacts

Adding the sender address from any Coach Luke email to your contacts tells your email provider the emails are wanted, which keeps the rest of a series or challenge out of spam.

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