The Emails: What to Expect, Changing Your Address & Unsubscribing

Free Guides, Challenges & Emails · https://coachluke.com/docs/the-emails-what-to-expect-changing-your-address-unsubscribing/

Here's what to expect in your inbox after signing up for anything on coachluke.com.

What emails will I get?

It depends on what you signed up for:

- **14-Day Reset:** a short daily email for each of the 14 days, one habit and one myth, matching the guide.
- **A 5-day challenge:** one short email a day for five days, each with one simple step.
- **A Free Resource Library guide:** the guide itself, then a short welcome series.
- **A bonus guide from an article or a 60-second check:** the guide you asked for, by email.

After any of these, you'll get my regular emails with practical, no-gimmicks health and fitness advice.

I signed up for more than one thing. Will I get double emails?

You're on one list, so you won't get duplicate newsletters. Each challenge or guide sends its own short series, so if you start two challenges at once you'll get both sets of daily emails. Many people find it easier to finish one challenge before starting the next.

How do I unsubscribe?

Every single email has an unsubscribe link at the bottom, and it works in one click. No "tell us why," no retention screens. The promise on the sign-up page is the policy: no spam, ever.

Can I stop one series but keep the others?

The unsubscribe link removes you from emails entirely. If you want to finish a challenge or the Reset but skip the regular emails afterward, the simplest route is to unsubscribe once the series is done.

How do I change my email address?

Unsubscribe on the old address, then sign up again with the new one. It takes ten seconds and nothing is lost, since the guide or challenge is re-sent to any new sign-up.

The emails stopped arriving mid-series

Check your spam folder and Gmail's Promotions tab first (see Didn't get your free guide or challenge email? for the full checklist). Marking one email "Not spam" or adding the sender to your contacts usually fixes the rest of the series.

Will my email address be sold or shared?

No. Your address is used to send you the emails you signed up for, nothing else.