

Scroll Stoppers:

10 Days of Social Media Prompts for Wellness & Nutrition Coaches

-Crafted by Kakao Studio-

Social media shouldn't feel like a second job. This pack gives you 10 days of post ideas + caption prompts so you can stop guessing and start connecting.

Use them as-is or tweak them to fit your style. The key is consistency; showing up in a way that's clear, authentic, and aligned with your coaching brand.



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10 Days of Social Media Prompts for Nutrition and Wellness Coaches

Done-for-you captions and content ideas to help you show up consistently, build trust, and grow your practice.

DAY 1:	<i>Your Why</i> Post about why you became a wellness coach. Share your story.
DAY 2:	<i>Client Win</i> Highlight a success story or testimonial.
DAY 3:	<i>Quick Tip</i> Share 3 simple, actionable wellness tips.
DAY 4:	<i>Myth-Buster</i> Debunk a common misconception in your field.
DAY 5:	<i>Motivational Quote</i> Use a quote that matches your coaching philosophy (branded, not generic).
DAY 6:	<i>Day in the Life</i> Show your personal wellness routine or ritual.
DAY 7:	<i>FAQ</i> Answer a question you hear from clients all the time.
DAY 8:	<i>Behind-the-Scenes</i> Give a peek into your coaching process.
DAY 9:	<i>Interactive Post</i> Run a poll or ask your audience a simple question.
DAY 10:	<i>Call-to-Action</i> Invite followers to book a discovery call, join your program, or download your freebie.

That's 10 days of content, ready to post. Imagine what your social media could look like if every post was branded, consistent, and created with strategy.

This is your starting point. When you're ready to level up with bold design and custom content that truly represents your coaching brand, Kakao Studio is here to help.



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