

Hey [Recipient's Name],

I've been thinking about you lately and just wanted to check in-how are you feeling these days? I know you were working hard on your physical fitness recovery, and I'd love to hear how things are going. Have you noticed much improvement since starting your rehab? Are there any exercises or routines that seem to be helping you the most?

I can imagine some days must be tougher than others. Have you run into any particular challenges or setbacks along the way? How have you been coping with those, and do you feel like the treatments or therapies you're trying are making a difference?

Please remember that I'm rooting for you every step of the way! If you ever want to talk or need a little extra encouragement, I'm always here. Looking forward to hearing about your progress and hoping you're feeling stronger and more mobile as the days go by.

Take care,
[Your Name]