

Subject: Just Checking In!

Hi [Recipient's Name],

I hope this message finds you well! I've been thinking about you lately and wanted to catch up. How have you been?

Things on my end have been pretty busy, but I'm managing. [You can add a brief update about yourself here, like work, family, or hobbies.]

I'd love to hear what you've been up to. Maybe we can set up a time to chat or grab a coffee soon?

Take care and speak soon!

Best,

[Your Name]

[Your Contact Information, if necessary]