**SMS Disclosure**

By providing your phone number and opting into our SMS program, you agree to receive [TYPE OF MESSAGE EX: promotional, transactional, or informational] text messages from [BUSINESS NAME].

**Texting Cadence:**  
You may receive up to [ESTIMATED MESSAGE FREQUENCY EX: 5 messages per week]. Message frequency may vary based on your interaction with our services.

**Message and Data Rates:**  
Message and data rates may apply. These charges are determined by your mobile carrier, and [BUSINESS NAME] is not responsible for such fees.

**Privacy Policy:**  
Your privacy is important to us. Please review our Privacy Policy at [LINK TO PRIVACY POLICY] to understand how your information is used and protected.

**Opt-Out Instructions:**  
You can opt out of receiving SMS messages at any time by replying "STOP" to any message. For help, reply "HELP" or contact us at [PRIMARY EMAIL OR PHONE NUMBER].