



[Knowledge Base](#) > [Gym Management Software](#) > [Notifications Flows](#) > [Notification Message Templates](#)

Notification Message Templates

Mavilyn Carlos - 2026-05-18 - [Notifications Flows](#)

Important Reminder

Your subscription includes a limited number of SMS segments - 1200 - per month. When create SMS templates for Kilo Flows, keep them short to avoid overages.

Create a New Template for Kilo Flows

1. Go to Notifications in the Kilo menu —> Message Templates
2. Select "+ Template"
3. Choose if the template will be for an SMS or email notification
4. Enter the description that will appear in the template list and flow template menu
5. Enter the triggering action for this templated notification
6. Enter the message content using the text editor and available custom values
7. Save the template.

Create a New Template in Kilo Flows

- When creating a new flow, each notification message you create will be saved as a template.

Editing Templates

1. In the template menu, click the blue arrow action button to the far right of any template.
2. Edit the description, triggering action, subject line (if applicable), and message

content.

3. Save.

Note: Once a flow is created, the notification can only be edited from the Templates menu, rather than within the flow itself.

If you want to create a new message for the flow and override the existing message, you can enter the new message from within the flow.

If you have further questions about notification templates in Flows, please contact Support at hello@usekilo.com.