AI PROMPT PACK | 2026 EDITION



AI Prompts for Fitness Coaches

Get More Clients Online

130 COPY-PASTE PROMPTS

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AI Prompts for Fitness Coaches

Get More Clients Online

130	9	3
COPY-PASTE PROMPTS	CHAPTERS	AI TOOLS SUPPORTED

Fitness coaches spend a lot of time on content, client messages and program write-ups. This pack gives you 130 AI prompts that handle the writing so you can focus on coaching.

Important notice

Add your niche, audience and tone to each prompt. Training and nutrition guidance should be reviewed by you as a qualified professional, and clients with medical concerns should be referred to a healthcare provider. Prompts are starting points and do not guarantee any particular result. You are responsible for reviewing, editing and verifying every AI output before you use it.

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Welcome and How to Use This Pack

This pack is built so you can open it, copy a prompt, and get a useful first draft in minutes. Every prompt is original, follows the same simple layout, and is written to work with ChatGPT, Claude, Gemini and similar AI assistants.

Start in 5 steps

1. **Pick a chapter** that matches the task in front of you today.
2. **Copy the prompt** from its shaded box and paste it into your AI tool.
3. **Replace every [BRACKET]** with your real details: names, numbers, audience, goal, tone.
4. **Read and refine.** Ask follow-ups such as make it shorter, more formal, or give me three options.
5. **Save your winners** in the Prompt Tracker at the end so your best prompts are one click away.

How the prompt cards work

> **EXAMPLE Prompt title tells you the use case**
>
> The shaded text is the exact prompt to copy. Anything in **[BRACKETS]** is a placeholder you fill in, for example **[YOUR AUDIENCE]** or **[TONE]**.

Get better results every time

- **Add context.** The more specific your details, the more useful the answer. Include audience, goal and constraints.
- **Name the format.** Ask for a table, a checklist, three variations, or a word limit when you need one.
- **Iterate.** Treat the first reply as a draft. One or two follow-up messages usually double the quality.
- **Keep your voice.** Paste a short sample of your own writing and ask the AI to match its tone.
- **Verify.** Check facts, figures, names and any rules that apply to you before publishing or sending.

Privacy reminder: never paste passwords, payment details or sensitive personal or client information into an AI tool. Use placeholders or anonymized examples instead.

CHAPTER 1 6 PROMPTS

Setting Up Your Coaching Voice

Brand voice prompt, ideal client profile, niche positioning

Clients hire coaches they understand and trust. These setup prompts clarify your niche, your voice and your ideal client so every message and post feels consistent.

001 Coaching Voice Builder

Act as my brand strategist. I coach [CLIENT TYPE] in [FITNESS FOCUS]. Ask me six questions about my style, values and beliefs, then write a one-paragraph voice guide describing my tone, favorite words and words I avoid.

002 Ideal Client Profile

Create a detailed profile of my ideal online coaching client: [AGE/LIFE STAGE], their goals, struggles, past attempts, objections, daily schedule and where they spend time online. Present it as a one-page summary.

003 Niche Positioning Statement

Help me write a niche statement in the form I help [WHO] achieve [RESULT] without [PAIN POINT]. Give me ten variations and rank the three clearest for a bio.

004 Coach Bio Writer

Write three short bios for my social profile, under 150 characters each, using these facts: [CERTIFICATIONS], [EXPERIENCE], [NICHE]. Avoid hype and unrealistic promises.

005 Scope of Practice Reminder

Create a short checklist reminding me of what a fitness coach can and cannot advise on, including when to refer clients to doctors, dietitians or physical therapists. Keep it general and remind me to follow local regulations.

006 Content Pillars for Coaches

Suggest five content pillars for a [NICHE] fitness coach, such as education, motivation, client stories, training demos and mindset. Give five post ideas under each pillar.

PRO TIP Keep your answers to these setup prompts in one document. Paste it at the start of new chats so the AI always knows your coaching style.

CHAPTER 2 25 PROMPTS

Social Media Content

Posts, carousels, captions, Reels ideas, story sequences

Consistent, useful content is how most online coaches get discovered. These prompts give you captions, carousels and story ideas you can publish without spending hours writing.

007 30 Fitness Post Ideas

Give me thirty social media post ideas for a [NICHE] coach targeting [AUDIENCE]. Mix education, myths, short workouts, mindset, client stories and behind the scenes, and label the best format for each.

008 Educational Caption

Write an Instagram caption teaching [FITNESS TOPIC] in simple language. Start with a hook, give three practical points, end with a question, and keep it under 150 words.

009 Myth Busting Post

Write a post debunking the myth that [COMMON FITNESS MYTH]. Be respectful, give a clear explanation based on general exercise principles and invite readers to share their experience.

010 Exercise Tutorial Caption

Write a caption for a video demonstrating [EXERCISE]. Include setup cues, two common mistakes, who it suits and a reminder to adjust to their ability.

011 Carousel Outline

Create an eight-slide carousel on [TOPIC] with a short headline for each slide and one supporting sentence. Make the final slide a clear call to action.

012 Beginner Tips Carousel

Write text for a seven-slide carousel titled beginner mistakes in [TRAINING STYLE]. Keep each slide short, practical and encouraging.

013 Client Transformation Caption

Write a caption for a client success story using these details [PERMISSION GIVEN]: [STORY]. Focus on habits and effort, avoid promising specific results and include a gentle reminder that results vary.

014 Motivation Monday Post

Write five short motivational posts for Monday that feel genuine rather than cliche, each tied to a small action followers can do today.

015 Quick Workout Post

Write a post presenting a [MINUTES]-minute workout for [EQUIPMENT/LEVEL]. List the exercises, sets and reps clearly, add a warm-up reminder and a note to stop if anything hurts.

016 Meal Prep Ideas Caption

Write a caption sharing simple meal prep ideas for busy [AUDIENCE]. Keep the tone practical and general, and avoid medical or weight loss guarantees.

017 Habit of the Week Series

Plan a four-week series where each week focuses on one small habit such as sleep, walking or protein at breakfast. Give daily post ideas and a short weekly summary.

018 Behind the Scenes Post

Write a relatable behind-the-scenes post about a day in my life as a coach, including one challenge and one lesson that followers can use.

019 Story Sequence for Engagement

Plan a five-frame Instagram Story sequence that asks followers about their biggest [GOAL] struggle, with poll and question sticker ideas and a reply plan.

020 Comment Reply Bank

Write fifteen friendly replies to common comments on fitness posts, such as how do I start, is this safe for beginners and can I do this at home. Keep each under 30 words.

021 Hashtag and Keyword Set

Suggest 25 hashtags and 10 searchable keywords for fitness content about [NICHE], grouped into broad, niche and local sets.

022 Weekly Posting Plan

Create a weekly posting plan for a solo coach with three hours available. Include post types, best days, batching suggestions and ideas for repurposing one workout into five pieces of content.

023 Facebook Group Post

Write a helpful post for my fitness community group that encourages members to share their wins this week. Include a prompt for each member to set one small goal.

024 LinkedIn Post for Corporate Wellness

Write a LinkedIn post for companies about simple desk-friendly movement breaks for employees. Keep it professional and end with an invitation to discuss workplace wellness workshops.

025 Fitness Newsletter Issue

Write a short weekly newsletter with one training tip, one habit challenge, one recipe idea placeholder and one client question answered. Keep it under 300 words.

026 Reel Idea Generator

Give me fifteen short video ideas for a **[NICHE]** coach, each with a hook line and the main visual. Include ideas that need no equipment.

027 Podcast Guest Pitch

Write a pitch to a wellness podcast explaining why my experience with **[CLIENT TYPE]** would interest their audience. Include three talking points and my relevant background.

028 Before You Start Disclaimer

Write a friendly, short disclaimer to add to workout posts reminding people to consult a healthcare professional before starting a new exercise program and to listen to their body.

029 Content Repurposing Plan

Show me how to turn one coaching tip into a Reel script, a carousel, a newsletter paragraph, three Story frames and a short blog post.

030 Seasonal Challenge Ideas

Suggest ten seasonal fitness challenge ideas for **[SEASON]** that focus on consistency rather than extreme results, each with a name, duration and daily action.

031 Testimonial Feature Post

Turn this client feedback into a short feature post that quotes them accurately, thanks them and invites readers to ask how I work. Keep the focus on habits and experience, not guaranteed outcomes: **[PASTE FEEDBACK]**

PRO TIP Always add a personal detail such as a client win, a mistake you made or a workout you did yourself. Authenticity outperforms polished generic posts.

CHAPTER 3 15 PROMPTS

Short Video Scripts

Exercise tips, myths, transformations, day-in-the-life

Short videos reach new people fast. These scripts give you proven structures for hooks, demonstrations and stories that fit into 15 to 60 seconds.

032 Hook Generator

Write twelve opening lines for a short fitness video about [TOPIC]. Mix questions, bold statements and myth-busters, each under ten words.

033 Exercise Demo Script

Write a 30-second script demonstrating [EXERCISE]. Include a hook, three form cues, one common mistake and a closing line asking viewers to save the video.

034 Three Mistakes Script

Write a 40-second script on three mistakes people make doing [EXERCISE/HABIT]. Give a punchy hook, a quick fix for each and a call to action.

035 Day of Eating Script Template

Write a template script for a what I eat in a day video that stays balanced and non-judgmental, avoids strict rules and reminds viewers that needs differ.

036 Myth Busting Video Script

Write a 45-second script that corrects the myth that [MYTH]. Open with the myth, state the facts simply and close with a question for the comments.

037 Transformation Story Script

Write a 45-second script telling a client story with permission about consistency and habits, focusing on the journey and avoiding specific promises.

038 Quick Workout Script

Write a 60-second script guiding viewers through a [MINUTES]-minute [EQUIPMENT]-free workout. Include on-screen text cues and timing for each move.

039 POV Video Ideas

Write ten point-of-view video scripts about common gym or home workout situations that relate to [AUDIENCE]. Keep them light-hearted and encouraging.

040 Gym Etiquette Skit

Write a short comedic skit script about gym etiquette that is friendly and inclusive, with a clear lesson at the end.

041 Q and A Video Script

Turn this follower question into a 40-second answer script with a strong opening, a simple explanation and a closing tip: [QUESTION]

042 Motivational Talking Head Script

Write a 30-second talking head script for people who feel like quitting their routine. Be empathetic, practical and not overly hype-driven.

043 Equipment Review Script

Write a balanced 45-second review script for [EQUIPMENT] covering who it suits, pros, cons and a note that I have no guarantee of results.

044 Stretch and Mobility Script

Write a 30-second mobility routine script for [GOAL/AREA] with gentle cues, breathing reminders and a safety note to avoid pain.

045 Challenge Announcement Script

Write a 30-second script announcing my [DURATION]-day challenge. Cover who it is for, what they will do each day and how to join.

046 Client Win Reaction Script

Write a short script reacting to a client's milestone with their permission, highlighting the effort and habits behind it rather than the scale.

PRO TIP Film yourself saying the hook out loud three times before recording. The first three seconds decide whether anyone stays.

CHAPTER 4 15 PROMPTS

Lead Magnets and Challenges

7-day challenges, free guides, quiz funnels, webinar outlines

A strong free offer turns followers into leads. Use these prompts to build challenges, guides and webinars that attract the right people and start the relationship well.

047 Lead Magnet Ideas

Suggest ten lead magnet ideas for a [NICHE] coach targeting [AUDIENCE], such as checklists, mini workouts and meal guides. For each, give a title and the problem it solves.

048 Free Guide Outline

Create an outline for a free five-page guide titled [TITLE]. Include an introduction, four actionable sections, a quick-start checklist and a closing invitation to learn more about my coaching.

049 Seven-Day Challenge Plan

Design a seven-day challenge for [GOAL] with a simple daily action, a short motivational message and a check-in question for each day.

050 Challenge Promo Emails

Write a three-email sequence promoting my challenge: one announcing it, one reminder, and one last call. Keep each under 150 words and benefit focused.

051 Quiz Funnel Questions

Write ten quiz questions that help people discover their fitness starting point, with three result types and a recommended next step for each.

052 Webinar Outline

Outline a 30-minute free workshop on [TOPIC] with an agenda, key teaching points, a short story, a Q&A segment and a gentle invitation to my program.

053 Webinar Invitation Email

Write an invitation email to join my free workshop on [DATE/TIME]. Include what attendees will learn, who it is for and a clear registration button text.

054 Landing Page Copy

Write landing page copy for my free [LEAD MAGNET]. Include a headline, subheadline, three benefit bullets, a short bio and a call to action button text.

055 Thank You Page Text

Write a thank you page message for people who sign up, explaining what happens next, how to access the resource and an optional next step.

056 Welcome Email Sequence

Write a four-email welcome sequence for new subscribers: welcome and delivery, a quick win, my story, and an invitation for a chat. Keep each under 150 words.

057 Instagram Lead Magnet Promo

Write five captions promoting my free [RESOURCE], each using a different angle such as story, benefit, myth or question. Include a clear way to get it.

058 Free Trial Session Invitation

Write a friendly invitation to a free discovery session explaining what happens, what to prepare and who it is best for.

059 Waitlist Announcement

Write a short announcement for opening a waitlist for my next group program, with a hook, who it is for, what to expect and how to join.

060 Referral Program Message

Write a message explaining my client referral program, including how it works, a thank-you reward placeholder and how to share my details.

061 Local Gym Partnership Pitch

Write a pitch to a local business such as a physiotherapy clinic or health store proposing a workshop or cross-promotion that benefits both audiences.

PRO TIP Make your lead magnet solve one specific problem in a few minutes. Small wins build trust faster than big, overwhelming guides.

CHAPTER 5

15 PROMPTS

Client Onboarding and Check-Ins

Welcome packs, intake questions, weekly check-ins, progress recaps

A smooth start keeps clients committed. These prompts create welcome materials, intake forms and check-in messages that make every client feel seen and supported.

062 Client Welcome Message

Write a warm welcome message for a new online coaching client. Include what to expect in week one, how we communicate, how to submit check-ins and a motivating closing line.

063 Client Intake Questionnaire

Create an intake questionnaire covering goals, training history, schedule, equipment, preferences, lifestyle and a section prompting them to share anything their doctor has advised. Avoid asking for medical diagnoses.

064 Readiness Check Message

Write a message asking new clients to confirm they have checked with a healthcare professional if needed before starting. Keep it friendly and non-alarming.

065 Goal Setting Worksheet

Create a goal setting worksheet with space for a main goal, three smaller milestones, obstacles, support people and a weekly action plan.

066 Weekly Check-In Form

Design a weekly check-in form with questions about training completed, energy, sleep, stress, wins, challenges and questions for me. Keep it under ten questions.

067 Check-In Reply Template

Write a reply template for weekly check-ins that celebrates a win, answers questions, adjusts the plan if needed and sets one focus for the next week.

068 Missed Workouts Message

Write a supportive message to a client who missed several sessions. Show understanding, ask what got in the way and suggest a smaller restart plan.

069 Plateau Conversation

Write talking points for discussing a plateau with a client. Cover patience, reviewing habits, adjusting variables and tracking non-scale progress.

070 Progress Review Template

Create a monthly progress review template covering measurements the client chooses, performance gains, habit consistency, how they feel and next month's focus.

071 Client Handbook Outline

Create an outline for a client handbook that explains my coaching process, communication hours, session policies, equipment guidance, safety tips and how to give feedback.

072 Session Cancellation Policy Wording

Write a clear and friendly cancellation and rescheduling policy for sessions that is fair to both sides, with placeholders for notice periods and fees.

073 Group Program Welcome Post

Write a welcome post for a new group coaching community with introductions, ground rules, how to use the group and a first small task.

074 Accountability Message Set

Write ten short accountability messages I can send clients during the week, each warm, specific and under 30 words.

075 Celebrating Milestones

Write five ways to celebrate client milestones such as 30 days of consistency, a new personal best or finishing a program, with sample messages for each.

076 Offboarding Message

Write a graceful message for a client finishing my program, summarizing their progress, giving next-step suggestions and asking for feedback.

PRO TIP Ask about sleep, stress and schedule during onboarding, not only goals. These details shape realistic plans and prevent dropouts.

CHAPTER 6 15 PROMPTS

Program and Workout Documentation

Program overviews, exercise cue explanations, habit trackers

Clear program documents save time for you and reduce confusion for clients. These prompts help you explain structure, exercises and habits without replacing your professional judgment.

077 Program Overview Document

Write a clear overview page for my [DURATION]-week [PROGRAM TYPE] covering goals, weekly structure, session length, equipment, progression approach and expectations. Use friendly, simple language.

078 Weekly Training Schedule Layout

Create a weekly training schedule layout for [DAYS PER WEEK] sessions combining strength, cardio and recovery, presented as a simple table I can fill in and customize.

079 Exercise Cue Explanations

For each of these exercises, write two short coaching cues and one common mistake in plain English: [LIST EXERCISES]

080 Warm-Up and Cool-Down Routine

Outline a general five-minute warm-up and five-minute cool-down for a [TYPE] session. Present as a checklist and add a reminder to adjust for individual needs.

081 Exercise Alternatives List

Suggest easier and harder variations for each of these exercises so clients can scale to their level: [LIST EXERCISES]

082 Home Workout Equipment Guide

Write a short guide to basic home equipment for [GOAL], including budget-friendly options and substitutes from household items, with safety notes.

083 Progression Explainer

Explain in simple terms how I use progressive overload in my programs, using examples a beginner can understand. Include a note about patience and recovery.

084 Habit Tracker Template

Create a one-page weekly habit tracker for water, steps, sleep, movement and one personal habit. Add a reflection section for wins and obstacles.

085 Recovery and Rest Day Guide

Write a general guide to rest days and recovery for clients covering sleep, light movement, stress management and listening to their body. Add a reminder to seek advice for injuries.

086 Mindset Guide for Consistency

Write a short guide on building consistency, covering identity, small steps, planning for obstacles and getting back on track after missing a day.

087 Nutrition Habits Handout

Write a general handout on building healthy eating habits using simple principles like plates, protein sources and planning. Avoid specific diet prescriptions and advise consulting a dietitian for individual needs.

088 Travel Workout Plan

Create a flexible hotel-room workout plan for busy clients with minimal equipment and 20 minutes available, with swaps for tired days.

089 Form Video Feedback Template

Create a template for giving video form feedback with sections for what looked good, one priority fix, a cue to try and a next step. Keep the tone encouraging.

090 Injury Prevention Tips

Write general tips for reducing common training-related strain, such as warm-ups, gradual progress and listening to pain signals. State clearly that individuals should consult a professional for pain or injury.

091 Program FAQ

Write ten FAQs for my coaching program, covering time commitment, equipment, experience level, communication and refunds, using placeholders for my specific policies.

PRO TIP You are the qualified professional. Use AI to organize and explain your programming, then review every exercise, load and progression yourself before sharing.

CHAPTER 7 15 PROMPTS

Sales Pages, Offers and DMs

Offer copy, testimonials requests, follow-up messages

Selling is simply helping people decide. These prompts help you present your offers clearly, handle questions honestly and follow up without pressure.

092 Offer Positioning

Help me describe my coaching offer in one clear paragraph: who it is for, what is included, how long it lasts and what makes my approach different. Use these facts: [DETAILS]

093 Sales Page Outline

Create a sales page outline for my [PROGRAM] with sections for the problem, my approach, what is included, who it is for, pricing, frequently asked questions and a call to action.

094 Sales Page Headlines

Write ten headline options for my coaching program aimed at [AUDIENCE], mixing benefit, curiosity and clarity. Avoid unrealistic guarantees.

095 Program Description

Write a 200-word description of my [PROGRAM] that explains the experience week by week and who will benefit most. Keep it warm and honest.

096 Discovery Call Script

Write a 20-minute discovery call script with a warm opening, five questions about goals and obstacles, a brief explanation of how I help and an invitation to next steps.

097 Discovery Call Follow-Up

Write a follow-up email after a discovery call that recaps their goals, recommends a next step and answers a concern they raised: [CONCERN]

098 DM Conversation Starters

Write six natural direct message openers for followers who engaged with my posts. Each should reference the engagement and ask one light question without pitching.

099 Price Objection Reply

Help me respond to a prospect who says my coaching is too expensive. Provide an empathetic reply that explains the value, offers options and respects their decision.

100 Not Ready Yet Objection

Write a supportive reply to someone who says they will start later. Gently explore what would make now easier and offer a small first step.

101 Payment Plan Message

Write a clear message explaining my payment options, including what is included, due dates and policies, in simple and friendly language.

102 Testimonial Request

Write a polite request asking a client for a testimonial. Offer three simple prompts to guide their feedback and ask permission to share it.

103 Case Study Template

Create a case study template for a client story with sections for starting point, approach, habits changed and lessons learned. Add a line stating results vary.

104 Limited Spots Announcement

Write an honest announcement that I have [NUMBER] spots available for my next intake. Explain why spots are limited without false urgency.

105 Email Launch Sequence

Write a five-email launch sequence for my new program, covering the problem, my approach, a client story, FAQs and a final reminder. Include subject lines.

106 Referral Partner Pitch

Write a pitch to a physiotherapist or nutritionist proposing a referral partnership that respects each of our scopes of practice.

PRO TIP Lead with the client's problem and the process, not promises of results. Honest, realistic copy attracts clients who stay.

CHAPTER 8 12 PROMPTS

Retention and Community

Motivation messages, milestone posts, re-engagement emails

Retention is more valuable than constant new leads. Use these prompts to keep clients motivated, build community and bring past clients back.

107 Motivation Message Bank

Write twenty short motivational messages for clients that are genuine and specific. Mix encouragement, reminders and gentle challenges.

108 Streak Celebration Posts

Write five community posts celebrating consistency streaks, workout counts and habit wins without comparing members to each other.

109 Community Challenge Ideas

Suggest six month-long community challenges focused on habits, steps, strength or mobility, each with rules, weekly themes and a way to share progress.

110 Re-Engagement Message

Write a caring message to a client who stopped responding for two weeks. Make it pressure-free and offer an easy first step to restart.

111 Win-Back Email

Write an email to past clients inviting them to return, mentioning what is new in my coaching and offering a free check-in call.

112 Client Birthday Message

Write short birthday messages for clients that feel personal, celebrate their effort this year and leave room for a custom detail.

113 Tough Week Support Message

Write a supportive message for a client having a stressful week, giving permission to scale back and reminding them progress is not lost.

114 Group Coaching Call Agenda

Create an agenda for a 45-minute group coaching call with a check-in round, teaching topic, hot seat questions and action steps.

115 Monthly Community Newsletter

Write a template for a monthly community newsletter with wins, a tip of the month, a member spotlight placeholder and upcoming events.

116 Feedback Survey

Create a short client satisfaction survey with eight questions about progress, communication, program fit and ideas for improvement.

117 Program Renewal Conversation

Write talking points for discussing program renewal, reviewing progress, setting new goals and offering options without pressure.

118 Referral Thank You Message

Write a warm thank you for a client who referred a friend, with a small reward placeholder and an invitation to keep in touch.

PRO TIP Reach out to clients who go quiet within a week, not a month. A short, caring message often brings them back.

CHAPTER 9 12 PROMPTS

Bonus: 30-Day Coaching Content Calendar

Daily topic plan and prompt shortcuts

Wrap up with simple planning tools. These bonus prompts give you a full month of content and quick formulas you can use anywhere in your coaching business.

119 30-Day Coaching Content Calendar

Create a 30-day content calendar for a [NICHE] coach with one post idea and format per day, including educational, personal, client story and promotional posts in a healthy balance.

120 Weekly Business Plan

Help me plan my coaching week with [HOURS] available. Priorities: [LIST]. Build a schedule covering clients, content, leads and admin, with breaks.

121 Monthly Review Questions

Give me ten questions to review my coaching business each month, covering income, client retention, content performance, energy and lessons learned.

122 Cheat Sheet: Post Formula

Give me a social post formula using hook, value, story and call to action. Fill it in with an example about [TOPIC].

123 Cheat Sheet: Video Script Formula

Give me a short video formula with hook, problem, tip and call to action. Show two examples with different topics.

124 Cheat Sheet: Client Message Formula

Give me a client message formula using acknowledge, encourage, guide and next step. Show three examples for different situations.

125 Cheat Sheet: Email Formula

Provide a simple email structure for coaches with subject, personal opening, one useful idea and a clear call to action. Fill it in for [TOPIC].

126 Cheat Sheet: Sales Conversation Steps

Outline a five-step conversation flow for discovery calls: rapport, goals, obstacles, solution and next step. Add example questions for each.

127 Goal Setting for My Business

Ask me five questions about my coaching business goals, then turn my answers into quarterly targets and weekly actions.

128 Pricing Review Prompt

Help me review my coaching prices. Ask about my hours, costs, client results and market, then outline questions to consider rather than a single recommendation.

129 Time Saving Audit

Based on this list of weekly tasks, suggest what I could automate, template or delegate: **[LIST]**. Group the ideas by effort and impact.

130 Burnout Prevention Plan

Create a simple plan to prevent coach burnout with boundaries, schedule limits, rest rituals and support options. Remind me to seek professional help if I feel overwhelmed.

PRO TIP Choose one formula and use it for a week. Repetition builds speed, and speed builds consistency.

Prompt Customization Guide

Every prompt in this pack can be improved with a little context. Use the master template below, then adapt the pieces to your task.

The master prompt template

> Act as [ROLE]. My goal is [GOAL]. The audience is [AUDIENCE]. Use a [TONE] tone. Here is the background: [CONTEXT]. Produce [OUTPUT FORMAT] in about [LENGTH]. Avoid [THINGS TO AVOID]. Before you answer, ask me up to three questions if anything is unclear.

Six upgrades that improve any prompt

- **Set a role.** Tell the AI who to be, such as an experienced editor or a patient tutor, so it picks the right vocabulary and depth.
- **Share real context.** Paste your own notes, product details or goals. Specific input produces specific output.
- **Define success.** Say what a great answer looks like: length, structure, level of detail, what to include.
- **Give an example.** Paste a sample you like and ask the AI to follow its structure and style, not copy its words.
- **Set boundaries.** List words, claims or topics to avoid and rules the answer must respect.
- **Ask for options.** Request three versions with different angles, then combine the best parts.

Follow-up phrases that work

- Make this shorter and more direct.
- Rewrite for a complete beginner.
- Give me three alternative versions with different angles.
- What is missing or unclear in this draft?
- Turn this into a checklist I can follow.
- Now critique your own answer and fix any weak points.

Prompt Tracker

Print this page or copy it into your notes. Record the prompts that work best for you, what you changed, and how well the result performed.

Prompt No.	What I used it for	My edits	Rating (1-5)

Thank You

Thank you for downloading this pack. We hope it saves you time and helps you do better work with AI.

Browse more free prompt packs, cheat sheets and AI tools at **aipdfbundles.com**.

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