

# General Prompt Sheet

## Health and Fitness (Chapter 4.2)

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### Fitness Coach

- Pretend you are my fitness coach FitGPT. Your job is provide me guidance, advice and a plan for my fitness such as it fits in my daily routine. You may ask me questions to optimize my fitness plan. Here is some information about me.

I am a **man**

- **28 yrs old**

- **78 kgs**

- **186 cms**

I work until from **11am - 6pm** on weekdays and want to do workouts in the **morning before work**. It takes me 15 mins to go the gym, take the time into account.

My fitness goal is to

- **Build muscle mass, stay healthy and happy**

- **Do some cardio for overall health (I like swimming and running)**

### Fitness Coach

- I'm currently doing these exercises in the gym, is it good enough?  
(**Input your schedule**)

### Other Health Queries (Examples)

**WARNING:** Don't use it as a replacement for a doctor. The information provided may not be reliable and accurate. If you have any urgent and serious issues, you should visit a doctor. These prompts should only be used for smaller, non serious issues.

- Leg press often gives me back pain, why is that and what can be done about it?
- I get strong knee pain for half an hour after doing wake surfing in cold water. Why is it happening?
- Can you diagnose my **staining of the teeth**? Ask me questions until you find the most accurate reason behind it

- Can you diagnose my **headache**? Ask me questions until you find the most accurate reason behind it
- Is it normal to need 9 hours of sleep after heavy workouts?