

AI Health Coach

100 Ready-to-Use Prompt Library

How to Use This Prompt Library

1. Copy a prompt into your preferred AI tool (ChatGPT, Claude, Gemini, Microsoft Copilot, or a compatible voice assistant).
2. Replace bracketed placeholders with your own goals, schedule, preferences, symptoms, or non-identifying health information.
3. Ask the AI to give you one small step at a time when a full plan feels overwhelming.
4. Review every response before acting. AI can help organize information and suggest questions, but it cannot diagnose conditions or replace a qualified healthcare professional.
5. Protect your privacy. Do not enter names, medical record numbers, insurance details, passwords, full addresses, or other sensitive identifying information.

Recommended AI Tools

AI Tool	Best Use
ChatGPT	Step-by-step wellness coaching, goal planning, checklists, habit support, and brainstorming
Claude	Detailed plans, compassionate reflection, long-form summaries, and thoughtful routine design
Gemini	Google Calendar, Gmail, Google Drive, meal planning, scheduling, and connected Google workflows
Microsoft Copilot	Outlook, Microsoft To Do, Excel, OneDrive, and Windows-based health organization
Voice Assistants	Hands-free timers, reminders, spoken check-ins, medication reminders, and quick habit prompts

Prompt Library

#	Category	Best AI Tool	Goal	Prompt
1	Goals & Planning	ChatGPT / Claude	30-Day Wellness Plan	Act as a supportive wellness coach. Help me turn this broad health goal into a realistic 30-day plan: [describe goal]. Break it into weekly milestones and small daily actions.
2	Goals & Planning	ChatGPT / Claude	Choose One Goal	Ask me ten questions about my current lifestyle, schedule, energy, sleep, nutrition, movement, and stress. Use my answers to help me choose one health goal to focus on first.
3	Goals & Planning	ChatGPT / Claude	Write a SMART Goal	Help me write a clear SMART goal for improving [sleep, fitness, nutrition, stress, or another area]. Make the goal realistic for someone with this schedule: [describe schedule].
4	Goals & Planning	ChatGPT / Claude	Smallest Useful Step	I want to improve [health area], but I feel overwhelmed. Help me identify the smallest useful action I can take today, this week, and this month.
5	Goals & Planning	ChatGPT / Claude	Wellness Vision	Create a personal wellness vision statement based on these priorities: [list priorities]. Keep it encouraging, practical, and under 150 words.
6	Goals & Planning	ChatGPT / Claude	Rank My Goals	Help me rank these wellness goals by urgency, impact, effort, and sustainability: [list goals]. Explain which one I should begin with and why.
7	Goals & Planning	ChatGPT / Claude	Baseline Check-In	Create a baseline health check-in worksheet covering sleep, energy, movement, nutrition, hydration, stress, mood, and daily routines.
8	Goals & Planning	ChatGPT / Claude	Overcome Barriers	Help me identify three barriers that may prevent me from reaching this goal: [goal]. Suggest a practical strategy for overcoming each barrier.
9	Goals & Planning	ChatGPT / Claude	7-Day Wellness Reset	Create a seven-day wellness reset that focuses on simple improvements rather than perfection. Include sleep, hydration, movement, meal planning, and stress relief.
10	Goals & Planning	ChatGPT / Claude	Define 90-Day Success	Help me define what success would look and feel like after 90 days of working toward this goal: [goal]. Include measurable and non-measurable signs of progress.

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11	Wearables & Data	ChatGPT / Claude	Explain My Metrics	Explain these wearable health metrics in beginner-friendly language: resting heart rate, heart rate variability, sleep duration, sleep efficiency, blood oxygen, steps, and recovery score.
12	Wearables & Data	ChatGPT / Claude	Choose Key Metrics	Help me decide which three wearable metrics are most relevant to this goal: [goal]. Explain why the other metrics may be less important right now.
13	Wearables & Data	ChatGPT / Claude	Weekly Tracking Table	Create a simple weekly table for tracking sleep, resting heart rate, energy, movement, stress, and any important notes.
14	Wearables & Data	ChatGPT / Claude	Find Data Patterns	Here is a non-identifying summary of my wearable data from the past week: [paste summary]. Identify possible patterns and questions I may want to investigate. Do not diagnose medical conditions.
15	Wearables & Data	ChatGPT / Claude	Use My Own Baseline	Help me compare my health data against my own baseline rather than against other people. Explain why personal trends may be more useful than daily scores.
16	Wearables & Data	ChatGPT / Claude	Respond to Alerts	Create a checklist for deciding whether a wearable alert should be monitored, repeated, documented, or discussed with a healthcare professional.
17	Wearables & Data	ChatGPT / Claude	Troubleshoot Readings	My wearable data seems inconsistent. Help me troubleshoot possible causes such as fit, charging, device placement, syncing, activity type, or missing data.
18	Wearables & Data	ChatGPT / Claude	Appointment Data Summary	Help me create a one-page wearable data summary to bring to a medical appointment. Include trends, dates, symptoms, questions, and important context.
19	Wearables & Data	ChatGPT / Claude	15-Minute Data Review	Create a weekly health-data review routine that takes no more than 15 minutes and prevents me from obsessing over daily fluctuations.
20	Wearables & Data	ChatGPT / Claude	Improve Data Quality	Explain how missing, inaccurate, or incomplete data can affect AI-generated health recommendations. Give me practical ways to improve data quality.
21	Nutrition	ChatGPT / Claude	7-Day Meal Plan	Create a seven-day meal plan based on these preferences and limitations: [preferences, allergies, budget, cooking time, goals]. Include simple meals and a grocery list.

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22	Nutrition	ChatGPT / Claude	Improve a Typical Day	Help me improve the nutritional balance of this typical day of eating: [describe meals]. Suggest realistic swaps rather than a complete overhaul.
23	Nutrition	ChatGPT / Claude	Fast Breakfast Ideas	Create five fast breakfast ideas that fit these needs: [dietary needs, allergies, calorie preferences, available time].
24	Nutrition	ChatGPT / Claude	Busy-Week Lunches	Help me plan healthy lunches for a busy workweek. Each lunch should take less than [number] minutes to prepare and use overlapping ingredients.
25	Nutrition	ChatGPT / Gemini	Family Meal Plan	Create a family meal plan that accounts for these ages, preferences, allergies, and budget: [details]. Include one flexible meal night.
26	Nutrition	ChatGPT / Claude	Review Menu Choices	Review this restaurant menu or list of meal choices: [paste options]. Identify choices that best fit my stated goals without labeling foods as good or bad.
27	Nutrition	ChatGPT / Gemini	Budget Grocery List	Help me create a grocery list for five dinners, five lunches, and five breakfasts using a budget of approximately [\$ amount].
28	Nutrition	ChatGPT / Claude	Food and Energy Patterns	Ask me questions to identify possible patterns between my meals and my energy, hunger, mood, or sleep. Then create a simple tracking experiment.
29	Nutrition	ChatGPT / Claude	Hydration Plan	Create a hydration plan based on my schedule, activity level, climate, and general wellness goals. Remind me that individual medical needs may differ.
30	Nutrition	ChatGPT / Claude	Dietitian Questions	Help me prepare questions for a registered dietitian about [nutrition concern]. Organize the questions by symptoms, habits, goals, and relevant data.
31	Exercise & Fitness	ChatGPT / Claude	Weekly Movement Plan	Create a beginner-friendly weekly movement plan based on my fitness level, available equipment, time limits, and goals: [details].
32	Exercise & Fitness	ChatGPT / Voice Assistant	Quick Movement Session	I have only [number] minutes available today. Create a balanced movement session with a warm-up, main activity, and cool-down.
33	Exercise & Fitness	ChatGPT / Claude	Movement in My Schedule	Help me build more movement into this daily schedule: [describe schedule]. Suggest short activity opportunities that do not require a gym.

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34	Exercise & Fitness	ChatGPT / Claude	Gradual Walking Plan	Create a walking plan that gradually increases from my current average of [steps or minutes] to [goal] over [number] weeks.
35	Exercise & Fitness	ChatGPT / Claude	Compare Exercise Types	Help me compare three types of exercise for my goal: [goal]. Include benefits, time commitment, equipment, difficulty, and sustainability.
36	Exercise & Fitness	ChatGPT / Claude	Travel Workout	Create a travel-friendly workout plan that uses no equipment and can be completed in a hotel room.
37	Exercise & Fitness	ChatGPT / Claude	Low-Energy Fitness Plan	Help me create a realistic fitness plan for weeks when I have poor sleep, high stress, or limited time. Include easier alternatives.
38	Exercise & Fitness	ChatGPT / Claude	Exercise Reflection	Create a weekly exercise reflection that asks about energy, soreness, enjoyment, progress, and whether the plan needs to be adjusted.
39	Exercise & Fitness	ChatGPT / Claude	Pre-Exercise Questions	Help me prepare questions for a trainer or healthcare professional before beginning a new exercise program, based on these concerns: [concerns].
40	Exercise & Fitness	ChatGPT / Claude	Minimum Movement Plan	Create a minimum viable movement plan for days when I cannot complete my normal workout. Include three options lasting 5, 10, and 20 minutes.
41	Sleep & Recovery	ChatGPT / Claude	Sleep Habit Interview	Ask me questions about my bedtime, wake time, caffeine, screen use, room environment, stress, and nighttime interruptions. Use my answers to suggest a sleep experiment.
42	Sleep & Recovery	ChatGPT / Voice Assistant	Evening Wind-Down	Create a 30-minute evening wind-down routine that fits this schedule and these preferences: [details].
43	Sleep & Recovery	ChatGPT / Claude	Analyze Sleep Summary	Help me analyze this non-identifying seven-day sleep summary: [paste data]. Identify patterns and possible lifestyle factors to discuss or test.
44	Sleep & Recovery	ChatGPT / Claude	Sleep Diary	Create a sleep diary template that tracks bedtime, wake time, awakenings, caffeine, exercise, stress, screen use, and morning energy.
45	Sleep & Recovery	ChatGPT / Claude	Bedtime Consistency	Help me create a plan to improve bedtime consistency by 15-minute increments without making drastic schedule changes.

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46	Sleep & Recovery	ChatGPT / Claude	Caffeine Timing Plan	Create a caffeine timing plan based on my usual wake time, bedtime, and current caffeine habits: [details].
47	Sleep & Recovery	ChatGPT / Claude	Score vs. How I Feel	Help me compare my subjective sleep quality with my wearable sleep score. Create questions that help me decide which information is more useful.
48	Sleep & Recovery	ChatGPT / Claude	Jet-Lag Plan	Create a travel and jet-lag adjustment plan for this trip: [departure, destination, time zones, travel dates]. Keep the advice general and practical.
49	Sleep & Recovery	ChatGPT / Claude	Recovery Day	Help me design a recovery day after a demanding week. Include gentle movement, hydration, meals, relaxation, and sleep preparation.
50	Sleep & Recovery	ChatGPT / Claude	Sleep Warning Signs	Create a list of warning signs that suggest persistent sleep problems should be discussed with a qualified healthcare professional.
51	Mental Wellness	ChatGPT / Claude	Stress Check-In	Guide me through a brief stress check-in. Ask about what happened, what I thought, what I felt physically, how I responded, and what support I may need.
52	Mental Wellness	ChatGPT / Voice Assistant	5-Minute Calm Routine	Create a five-minute calming routine using breathing, grounding, and a short reflection. Avoid claiming it will treat any mental health condition.
53	Mental Wellness	ChatGPT / Claude	Find Stress Triggers	Help me identify recurring stress triggers from these journal notes: [paste non-identifying notes]. Summarize possible patterns without diagnosing me.
54	Mental Wellness	ChatGPT / Claude	Mood Check-In	Create a morning and evening mood check-in that takes less than two minutes to complete.
55	Mental Wellness	ChatGPT / Claude	Reframe a Stressful Thought	Help me reframe this stressful thought using a balanced, compassionate approach: [thought]. Do not dismiss the concern or provide false reassurance.
56	Mental Wellness	ChatGPT / Claude	Burnout Prevention	Create a burnout-prevention plan based on these warning signs and work demands: [details]. Include boundaries, recovery time, and human support.
57	Mental Wellness	ChatGPT / Claude	Coping Strategy Menu	Help me create a list of healthy coping strategies organized into five-minute, fifteen-minute, one-hour, and weekend options.

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58	Mental Wellness	ChatGPT / Claude	Digital Wellness Plan	Create a digital wellness plan that reduces unnecessary notifications, screen overload, and late-night device use.
59	Mental Wellness	ChatGPT / Claude	Prepare for Counseling	Help me prepare for a conversation with a counselor, therapist, or doctor about ongoing stress. Organize my observations and questions clearly.
60	Mental Wellness	ChatGPT / Claude	Personal Support Plan	Create a personal support plan listing the people, professionals, routines, and emergency resources I can turn to when emotional distress becomes difficult to manage.
61	Chronic Conditions	ChatGPT / Claude	Daily Condition Tracker	Help me create a daily tracking worksheet for [condition] that includes symptoms, medications taken as prescribed, sleep, meals, activity, and questions for my care team.
62	Chronic Conditions	ChatGPT / Claude	Medical Visit Summary	Turn this non-identifying health log into a clear summary for my next medical appointment: [paste log]. Do not recommend changing medication or treatment.
63	Chronic Conditions	ChatGPT / Claude	Wearable Questions	Create a list of questions I can ask my healthcare professional about using a wearable or health app to support management of [condition].
64	Chronic Conditions	ChatGPT / Claude	Symptom Pattern Questions	Help me identify possible relationships between symptoms and lifestyle factors in this log: [paste summary]. Present them as possibilities to discuss with my clinician, not conclusions.
65	Chronic Conditions	ChatGPT / Voice Assistant	Medication Reminder Routine	Create a medication reminder routine that supports adherence without changing doses, timing instructions, or medical advice.
66	Chronic Conditions	ChatGPT / Claude	Emergency Information Sheet	Help me prepare an emergency information sheet that includes my condition, medications, allergies, emergency contacts, and clinician instructions.
67	Chronic Conditions	ChatGPT / Claude	Weekly Condition Review	Create a weekly chronic-condition review that helps me notice changes in symptoms, routines, barriers, and questions for my care team.

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68	Chronic Conditions	ChatGPT / Claude	Evaluate a Health App	Help me evaluate whether a health app for [condition] offers useful features such as data export, clinician sharing, privacy controls, alerts, and evidence of validation.
69	Chronic Conditions	ChatGPT / Gemini	Condition Travel Checklist	Create a travel preparation checklist for someone managing [condition]. Include medication supplies, records, charging devices, food planning, and professional guidance.
70	Chronic Conditions	ChatGPT / Claude	Message My Provider	Help me write a concise message to my healthcare provider describing a change in symptoms, when it began, relevant readings, and what I have already observed.
71	Therapy & Injury	ChatGPT / Claude	Workstation Assessment	Create a workstation self-assessment checklist covering chair height, screen placement, keyboard position, lighting, movement breaks, and comfort.
72	Therapy & Injury	ChatGPT / Voice Assistant	Posture Break Schedule	Help me build a schedule of short posture and movement breaks during this workday: [schedule]. Keep each break under five minutes.
73	Therapy & Injury	ChatGPT / Claude	Symptom and Movement Log	Create a symptom and movement log I can use before a physical therapy appointment. Include location, timing, intensity, activity, and functional limitations.
74	Therapy & Injury	ChatGPT / Claude	Camera-App Questions	Help me prepare questions for a physical therapist about using a camera-based exercise or posture app safely.
75	Therapy & Injury	ChatGPT / Claude	Evaluate Movement App	Create a checklist for evaluating an AI movement-analysis app. Include privacy, video storage, accuracy, professional oversight, and user feedback.
76	Therapy & Injury	ChatGPT / Claude	Simplify Therapist Instructions	Help me turn my therapist's written instructions into a simple weekly checklist without changing the prescribed exercises or repetitions: [paste instructions].
77	Therapy & Injury	ChatGPT / Claude	Return-to-Activity Plan	Create a gradual return-to-activity planning worksheet that I can complete with my physical therapist or qualified professional.
78	Therapy & Injury	ChatGPT / Claude	Body Feedback vs. App	Help me compare how I feel during an exercise with what a wearable or camera app reports. Create questions that encourage me to use both data and professional guidance.

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79	Therapy & Injury	ChatGPT / Claude	Daily Recovery Log	Create a daily recovery log for tracking mobility, discomfort, swelling, fatigue, confidence, and exercise completion.
80	Therapy & Injury	ChatGPT / Claude	Rehab Progress Summary	Help me summarize my rehabilitation progress over the past month for my therapist using these notes: [paste non-identifying notes].
81	Health Workflow	ChatGPT / Gemini	Three-Tool Workflow	Help me design a simple AI health workflow using only three tools: one central dashboard, one primary wearable or tracker, and one AI assistant.
82	Health Workflow	ChatGPT / Claude	Dashboard Metric Plan	Create a health dashboard plan based on these goals: [goals]. Recommend which metrics should be visible daily, weekly, monthly, or hidden.
83	Health Workflow	ChatGPT / Gemini	Remove Duplicate Tracking	Help me identify duplicate tracking across these apps and devices: [list tools]. Suggest ways to simplify the system.
84	Health Workflow	ChatGPT / Gemini	Sunday Health Review	Create a 15-minute Sunday health review that summarizes sleep, movement, nutrition, mood, and one priority for the coming week.
85	Health Workflow	ChatGPT / Claude	Manual vs. Automatic Data	Help me decide which health information should be entered manually and which should be collected automatically.
86	Health Workflow	ChatGPT / Claude	App Privacy Checklist	Create a privacy checklist for connecting a new app to my health dashboard. Include permissions, cloud storage, third-party sharing, deletion, and export options.
87	Health Workflow	ChatGPT / Claude	Weekly Summary Prompt	Help me write a weekly prompt that summarizes my health data and produces no more than three practical recommendations.
88	Health Workflow	ChatGPT / Gemini	Sync Troubleshooting	Create a troubleshooting plan for missing data, duplicate entries, failed syncing, conflicting readings, or too many notifications.
89	Health Workflow	ChatGPT / Copilot	Audience-Specific Reports	Help me design separate health-data summaries for my doctor, trainer, dietitian, and personal use so each person receives only relevant information.
90	Health Workflow	ChatGPT / Claude	30-Day Workflow Test	Create a 30-day plan for testing my AI health workflow. Include setup, data collection, weekly review, adjustments, and a final evaluation.

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91	Habits & Trust	ChatGPT / Claude	Habit Stacking	Help me attach this new health habit to an existing routine: [new habit and existing routine]. Create a clear habit-stacking statement.
92	Habits & Trust	ChatGPT / Claude	Two-Week Habit Test	Create a two-week habit experiment with one behavior, one reminder, one reward, and one backup plan for missed days.
93	Habits & Trust	ChatGPT / Claude	AI Accountability	Help me design an accountability system that uses AI check-ins without making me feel judged or overwhelmed.
94	Habits & Trust	ChatGPT / Claude	Limit Alert Fatigue	Create a notification schedule that supports my goals while limiting alert fatigue. Prioritize only the most useful reminders.
95	Habits & Trust	ChatGPT / Claude	Evaluate an App Claim	Evaluate this health app claim: [paste claim]. Identify what evidence, validation, limitations, privacy information, and expert oversight I should look for.
96	Habits & Trust	ChatGPT / Claude	Recognize AI-Washing	Create a checklist for recognizing AI-washing, exaggerated health claims, vague personalization, or unsupported promises.
97	Habits & Trust	ChatGPT / Claude	My AI Safety Rules	Help me write personal rules for using AI health tools safely, including when to trust data, when to question it, and when to seek human help.
98	Habits & Trust	ChatGPT / Claude	90-Day Tool Review	Create a 90-day digital wellness review that asks which tools helped, which caused stress, which data mattered, and what should be removed.
99	Habits & Trust	ChatGPT / Claude	Five-Year Wellness System	Help me imagine a realistic five-year AI wellness system that supports prevention, fitness, sleep, nutrition, mental wellness, and professional care while protecting my privacy.
100	Habits & Trust	ChatGPT / Claude	Personal Action Plan	Act as a supportive AI wellness coach and help me create my personal Health and Wellness Action Plan. Include my main goal, baseline, three habits, tracking method, weekly review, privacy boundaries, professional support, and first action to take today.