

FREE ChatGPT Prompts

Home Workout
Edition



Free Prompts for:

Weekly workout plans..... pg4

Equipment checklists..... pg6

Researching exercises..... pg8

Healthy meals..... pg10

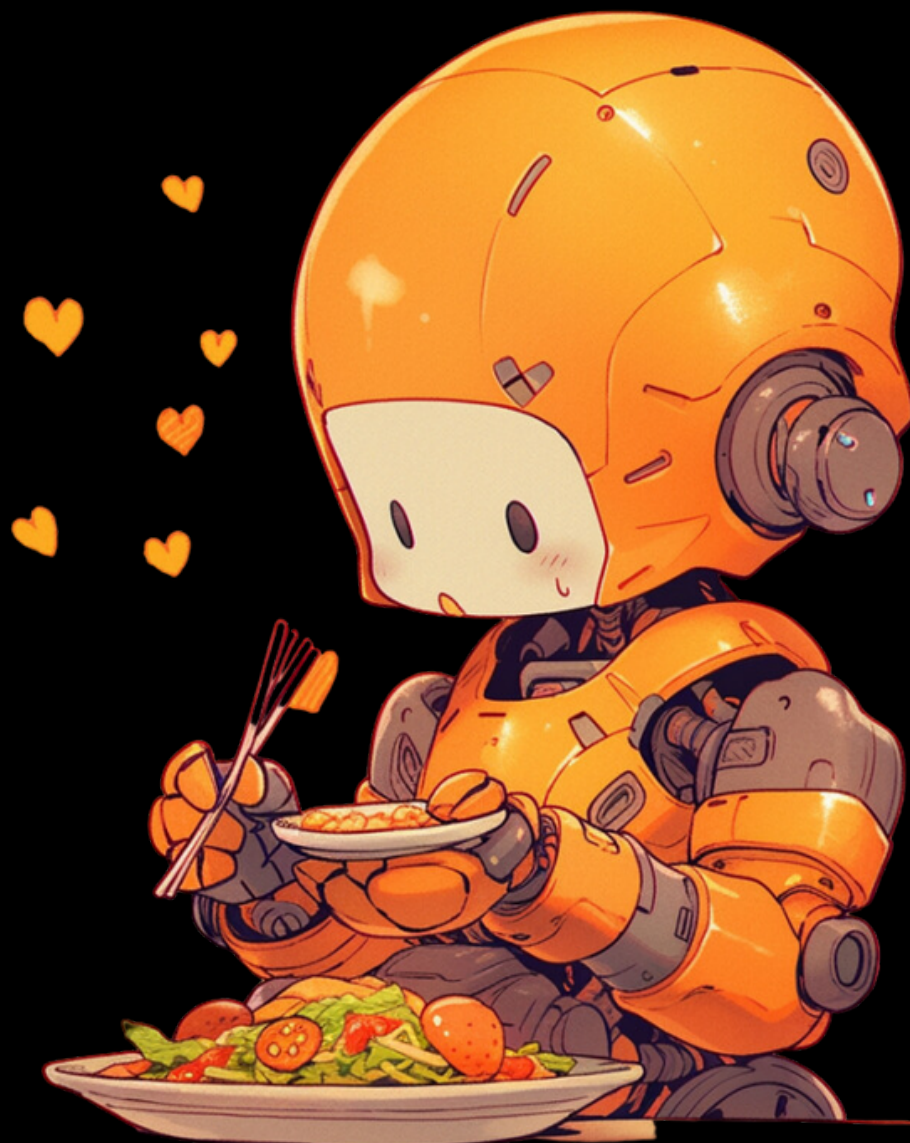
Tracking templates..... pg12



Remember to Feed your AI

Your AI is hungry. The more data and info you feed it as part of your prompting, the stronger it gets and the more it helps you.

Tell it about your job and project every time you prompt!

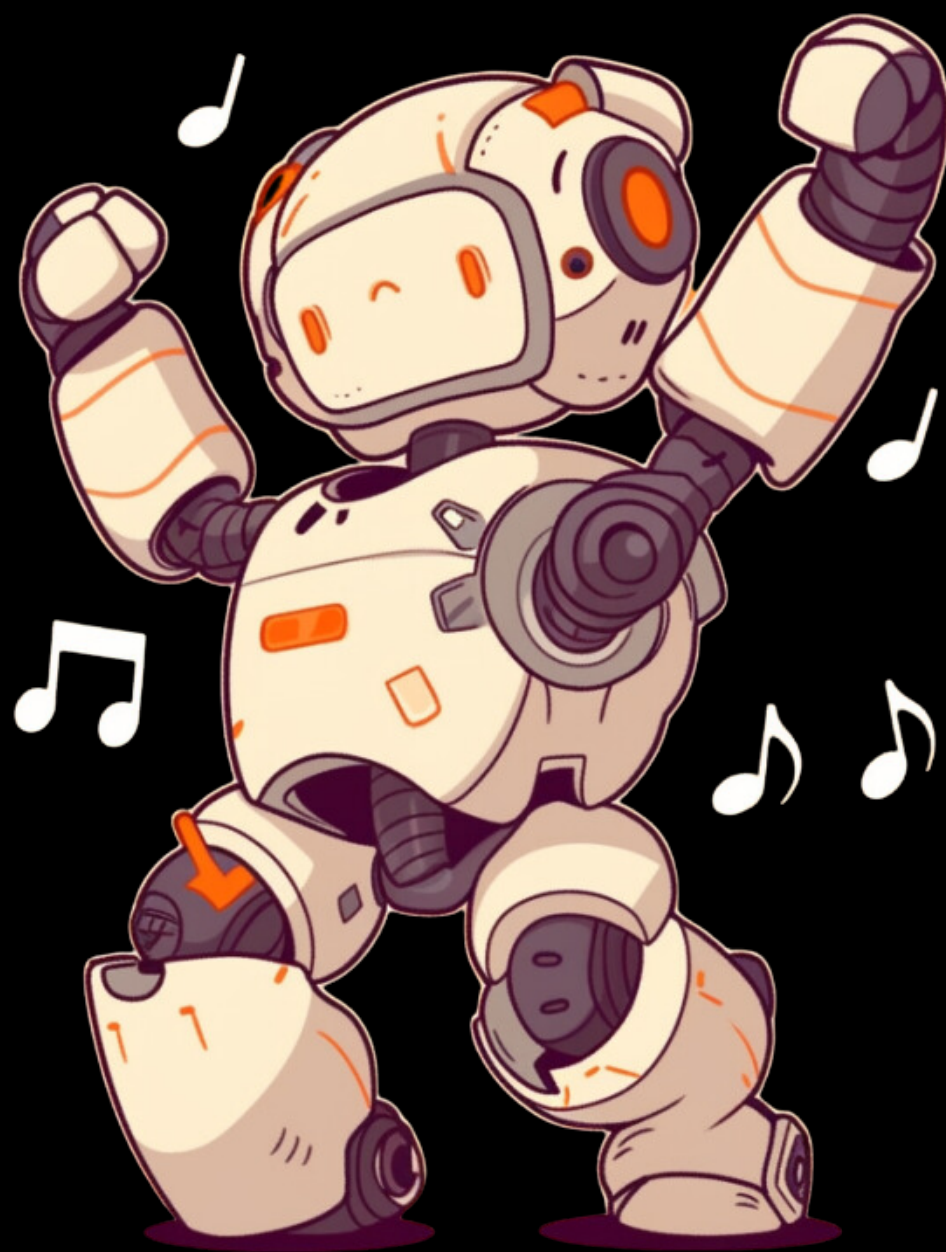


Creating a comprehensive plan will help you know exactly what to do each day, eliminating the need to make decisions on the spot.



Prompt: "Create a 4-week workout plan focusing on [target areas, e.g., 'core strength'] suitable for [your fitness level]."

Having a checklist ensures you have everything you need, avoiding the disruption of having to search for items during the workout.



Prompt: "List all the equipment and setup required for my [type of workout, e.g., 'HIIT'] home workout."



Researching effective exercises once saves time later by preventing random, potentially less-effective workouts.



Prompt: "Identify the top 5 most effective exercises for [target area, e.g., 'glute strengthening']."

Pre-cooked, healthy meals or snacks save time and make it easier to follow nutritional guidelines that complement your workouts.



Prompt: "Develop a meal prep plan that complements my [type of workout, e.g., 'cardio'] routines."

Tracking your progress can be inspiring and helps fine-tune future workouts for better results.



Prompt: "Create a template for tracking my weekly fitness metrics such as [metric types, e.g., 'weight, reps, run distance']."

Without your
reposts and
comments, my
weight goes in
the wrong
direction

