

Fitness Planning with ChatGPT: Prompts and Weekly Tracker

Use these prompts to organise ideas for movement around your available time, space and preferences. ChatGPT can help you plan and reflect, but its answers may be incomplete or wrong. Review suggestions carefully and use a qualified professional for personal advice.

What Is ChatGPT, whatischatgpt.co.uk. A free, independent plain-English guide to ChatGPT, not affiliated with OpenAI.

Make it yours

Replace every square bracket with your own details. Leave out anything you do not want to share. Never enter personal or confidential information.

Start with your week

01 Build a beginner routine

I am new to planning regular movement. Help me sketch a gentle, flexible weekly routine around [minutes available], [days available] and [activities I enjoy or want to try]. Ask about my preferences and practical limits first. Do not prescribe for a health condition or make medical claims. Keep the plan adaptable and suggest checking it with a qualified trainer if I need individual guidance.

02 Fit movement into a busy week

Help me map realistic opportunities for movement into this week: [typical schedule], [time windows] and [commitments]. Ask what I would like to prioritise, then offer a few flexible options without assuming I can exercise every day. Keep the suggestions general and easy to change.

03 Choose a realistic starting point

Help me compare these movement options for a beginner: [options]. My available time is [time], my setting is [home or other setting], and my preference is [preference]. Summarise practical pros and questions I should consider. Do not rank them as medically best or make assumptions about my health.

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Ideas at home, habits that fit

Home workout ideas

04 Generate options for my space

Suggest general movement ideas that could suit a home setting with [space available], [equipment, if any], [time available] and [activities I prefer]. Give me several options, not a fixed prescription. Avoid medical claims and exercises for treating a condition. Include a reminder to stop and seek appropriate professional guidance if I am unsure whether an activity is suitable for me.

05 Adapt an idea to my equipment

I have [equipment or no equipment], [space available] and about [minutes] for a home movement session. Offer a few general ideas that match those practical details and my preference for [style of activity]. Do not assume my fitness level or health status. Ask clarifying questions before suggesting alternatives if needed.

06 Find alternatives I can discuss

For each general activity idea in this list, [ideas], suggest a lower-space or no-equipment alternative where possible. Explain that alternatives are not automatically suitable for everyone. Do not tailor for injuries or health conditions. Give me questions to take to a qualified trainer if I want personal adaptations.

Track habits without judgement

07 Set up a simple habit check-in

Help me choose a simple way to notice my movement habits this week. I want to track [what I want to notice], using [paper, notes or another method], without focusing on weight or judging missed days. Suggest a short daily check-in and a weekly reflection question. Keep it flexible and private.

08 Review my week constructively

Here is my non-sensitive weekly activity summary: [days or activities completed], [what felt manageable] and [what got in the way]. Help me reflect without criticism. Identify what I might keep, change or simplify next week. Do not infer health outcomes or treat this as medical information.

09 Make a tracker easier to use

Design a very simple weekly activity tracker for [paper or digital use]. Include spaces for [days], [activity or movement], [time if useful] and [a short note]. Keep it uncluttered, printable and free of calorie or weight targets. Ask me if any detail is unclear.

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Keep going, get good guidance

Motivation and consistency

10 Plan for common obstacles

I would like to make movement easier to fit into my week. My likely obstacles are [obstacles], and the times I might have are [time windows]. Help me think of practical, low-pressure ways around each obstacle. Offer choices rather than telling me what I must do.

11 Create a restart plan

When I miss a planned activity, I tend to [what happens]. Help me write a kind, practical restart plan with one small next step, a flexible backup option and a way to adjust my schedule. Avoid guilt, streak pressure and claims about what a particular routine will achieve.

12 Find motivation that feels like mine

I feel more encouraged by [what motivates me] and less encouraged by [what does not help]. Suggest a few supportive ways to remind myself about my movement plans, such as a prompt, a calendar note or a check-in question. Keep the tone respectful and avoid pressure or body-shaming language.

Prepare to speak with a qualified trainer

13 Prepare questions for a first conversation

I am meeting a qualified fitness trainer to discuss [my general goals]. Help me prepare clear questions about their qualifications, how they learn about a client's preferences, how they adapt a plan, and how we can review whether it suits me. Do not answer on the trainer's behalf or make claims about what I need.

14 Organise what I want to discuss

Turn these non-sensitive notes into a short discussion checklist for a qualified trainer: [preferences], [available time], [equipment or setting] and [questions I have]. Keep my wording neutral. Do not add health details, diagnoses or assumptions. Flag any question that should go to a GP or another qualified health professional rather than ChatGPT.

15 Compare trainer suggestions

Help me compare these suggestions from a qualified trainer: [suggestions]. Create a list of points I understand, points I want clarified, and questions about adapting the plan to my preferences and schedule. Do not judge medical suitability or replace a conversation with the trainer.

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Your blank weekly activity tracker

Week beginning: _____

Day	Activity or movement	Time	Notes
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Weekly reflection: What would I like to keep, change or make easier next week?

Check before you use it

ChatGPT can provide general information, not medical advice. Speak to a GP before starting new exercise if you are unsure. Never put personal or confidential data into ChatGPT, including client, patient, staff or customer personal data. Check important facts, figures and citations against reliable sources. For current ChatGPT product and account details, consult OpenAI Help at help.openai.com.

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