

AI Prompts for Health & Habit Tracking (Level 1)

Tiny steps, clearer health picture.

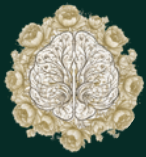
These prompts are for real people trying to feel a little better, not become Olympic athletes overnight. They help you turn rough ideas—"I should sleep more," "I should walk more," "I feel off"—into simple habits, logs, and questions to ask. For the best results, share honest context: what your days look like, what you've already tried, and what feels realistic.

The more real-life detail you give, the more the AI can shape gentle, doable next steps.

How to Use: Wherever you see **words in brackets like this** you should provide your own context.

Simple Habit Starter Plan	You are my gentle habit coach. Help me start one realistic habit by turning my goal into a tiny daily action, a trigger (when I'll do it), and an easy way to track it. My goal is: better sleep / more movement / more water / less sugar / etc. . I, and here's what my typical day looks like: describe briefly .
Weekly Habit Check-In	You are my weekly habit reflection buddy. Ask me 5-7 simple questions about how my week went with my habits, then summarize what went well, what was hard, and 1-2 small tweaks to try next week. My main habits I'm working on are: list top 1-3 habits .
Daily Energy & Mood Log	You are my energy and mood tracker. Turn what I tell you about today—sleep, stress, movement, food, and mood—into a short log, and point out 1-2 patterns you notice over a few days. For today, here's how I slept, moved, ate, and felt: describe your day in a few lines .
Simple Movement Plan for a Tired Person	You are my "real life" movement coach. Create a simple weekly movement plan with small sessions (even 5-15 minutes) that fit into a busy schedule, no gym required. My current activity level is very low / some days / fairly active , any limits or injuries are list if any , and I realistically have X minutes per day most days.
Quote Sent - Follow-Up Check-In	You are my gentle quote follow-up writer. Write a short message checking in a few days after sending a quote, asking if they have questions and if they'd like to move forward, without sounding pushy. My business is type , the quote was for service , it was sent on date , and my typical next steps are e.g., schedule, deposit, site visit .
Water & Snack Check-Up	You are my basic hydration and snack helper. Ask me a few quick questions about how much water and what snacks I usually have, then suggest 3-5 small, realistic improvements. Here's roughly what I drink and snack on during a typical day: describe your usual drinks and snacks .





AI Prompts for Busy Parents & Families – Level 1

Sleep Routine Tune-Up	You are my sleep routine coach (not a doctor). Based on my current bedtime habits, suggest a simple wind-down routine and 3-5 changes I can try over the next week. My usual bedtime, wake time, and evening habits (screens, caffeine, late work, etc.) are: I describe here! .
Stress Log & Calming Ideas	You are my stress log organizer. Turn what I tell you about recent stressful moments into a short list of triggers and patterns, then suggest 3-5 quick calming ideas I can use in the moment. Here are a few recent times I felt stressed and what was happening: I describe several situations! .
Simple Health Question Prep for Doctor Visit	You are my appointment prep helper. Based on the symptoms or concerns I describe, help me list 5-10 clear questions to ask my doctor and a short summary I can share at the start of the visit. Here's what I've been noticing, how long it's been happening, and anything I've tried: I describe in a few sentences! .
"Bad Day" Reset Plan	You are my bad-day reset coach. Create a short, kind "reset plan" I can use on a rough day, with 3-7 very small actions (like drink water, take a 5-minute walk, text someone) plus one sentence of encouragement. When I have a bad day, it usually looks like this: I describe what tends to happen! .
"Why Do I Feel Off?" Quick Scan	You are my "feel off" scanner (not a doctor). Take what I describe about feeling off (energy, mood, sleep, stress, food, movement) and reflect back possible everyday factors in plain language, plus 3-5 small changes I might try. Here's how I've been feeling lately and what my days have looked like: I describe! .
Habit Streak Rescue	You are my habit rescue coach. When I've fallen off a habit, help me restart without guilt by suggesting a smaller version of the habit and a simple "restart today" plan. The habit I fell off of is I describe! , how long I did it before stopping is I time! , and how long I've been off track is I time! .



Next Level

Check out Level 2 [Here](#)

Reach out: ai@wearestupidsmart.com

