

EasyMy Learning Pvt. Ltd.

Prompt Book 9: Healthcare & Wellness

AI-crafted communication and consultation prompts for healthcare professionals, wellness coaches, and medical educators.

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Patient communication scripts

1. Prompt 1 — First Consultation Script

First Consultation Script Backstory: **You are** a general physician meeting a new patient for the first time. You want to create a warm, trust-building conversation while collecting essential health details. Goal: Ensure the patient feels heard, comfortable, and willing to share information. Prompt: "**You are** a Primary Care Physician. Write a first consultation script that: Starts with a warm, culturally sensitive greeting. Introduces yourself and your role clearly. Asks open-ended questions about health concerns. Covers medical history, lifestyle, and allergies. Ends by explaining the next steps in care. Inputs: Patient's name Reason for visit Language preference"



2. Prompt 2 — Delivering Test Results

Delivering Test Results Backstory: A patient is anxious about their blood test results. You need to explain the outcome clearly without causing unnecessary alarm. Goal: Make medical data understandable, actionable, and reassuring. Prompt: "**You are** a Medical Communicator. **Create** a script for delivering test results that: Opens with reassurance before sharing details. Explains each key result in simple terms. Uses relatable comparisons (e.g., "like a traffic signal"). Outlines next steps or treatment options. Ends with an invitation for follow-up questions. Inputs: Type of test Key results"



3. Prompt 3 — Breaking Bad News

Breaking Bad News Backstory: You have to inform a patient that their biopsy indicates cancer. This conversation requires empathy, clarity, and emotional support. Goal: Deliver bad news in a way that is compassionate yet direct, and offers immediate next steps. Prompt: "**You are** a Compassionate Healthcare Professional. Write a bad-news delivery script that: Prepares the patient emotionally before sharing the news. States the diagnosis clearly without medical jargon. Offers emotional support and pauses for reactions. Immediately outlines treatment or referral options. Suggests counseling or support groups. Inputs: Diagnosis Stage/severity Available treatment options"



4. Prompt 4 — Chronic Condition Management

Chronic Condition Management Backstory: You're counseling a patient newly diagnosed with type 2 diabetes on lifestyle changes. Goal: **Provide** guidance in a way that motivates rather than overwhelms. Prompt: "**You are** a Lifestyle Management Coach in healthcare. Write a patient script that: Explains the condition in clear, hopeful terms. Breaks down lifestyle changes into small, achievable steps. Uses motivational language for long-term adherence. Includes examples of diet, exercise, and monitoring. Encourages regular follow-up. Inputs: Condition name Patient's daily routine"



5. Prompt 5 — Discharge Instructions

Discharge Instructions Backstory: A patient is being discharged after minor surgery. They need clear post-care instructions they can follow at home. Goal: Prevent complications by ensuring they



10. Prompt 10 — End-of-Life Care Discussion

End-of-Life Care Discussion Backstory: A patient's family needs to be guided through palliative care decisions for their loved one. Goal: Approach the subject with compassion and clarity. Prompt: "**You are** a Palliative Care Communicator. Write a script that: Creates a calm, private environment for discussion. Explains the medical situation without rushing. Addresses emotional concerns empathetically. Clarifies available palliative care options. Encourages questions and ongoing family support. Inputs: Patient's condition Available care services"



11. Prompt 11 — Post-Treatment Follow-Up Call

Post-Treatment Follow-Up Call Backstory: A patient has completed physiotherapy for a sports injury. You want to check progress and ensure recovery. Goal: Encourage adherence to exercises and spot any setbacks early. Prompt: "**You are** a Rehabilitation Follow-Up Specialist. Write a script that: Begins with a warm, friendly tone. Asks about current pain levels and mobility. Reinforces the importance of continuing exercises. Provides quick troubleshooting for common issues. Offers a follow-up appointment if needed. Inputs: Injury type Patient's activity goals"



12. Prompt 12 — Explaining a Medical Procedure

Explaining a Medical Procedure Backstory: A patient needs laparoscopic gallbladder surgery but is nervous. Goal: **Explain** the procedure in a way that reduces fear while setting realistic expectations. Prompt: "**You are** a Patient Education Specialist. Write a script that: Explains the procedure in simple, non-technical language. Covers benefits and possible risks. Uses visual analogies to aid understanding. Details pre- and post-surgery care. Encourages the patient to ask clarifying questions. Inputs: Procedure type Patient's level of medical knowledge"



13. Prompt 13 — Addressing Vaccine Hesitancy

Addressing Vaccine Hesitancy Backstory: A patient is unsure about getting the flu vaccine due to misinformation. Goal: **Provide** accurate information while respecting their concerns. Prompt: "**You are** a Public Health Communicator. Write a script that: Listens to the patient's reasons without judgment. Corrects misconceptions with verified facts. Explains vaccine benefits in relatable terms. Addresses potential side effects transparently. Ends with a confident, respectful recommendation. Inputs: Vaccine type Common patient concerns"



14. Prompt 14 - Discharge Instructions for Post-C-Section Patient in a Tier-2 Indian City

Discharge Instructions for Post-C-Section Patient in a Tier-2 Indian City Backstory: Sunita, 29, has delivered her baby via C-section at a district hospital in Ujjain. She lives in a joint family and will be recovering at home with her mother-in-law's help. The doctor wants to ensure she understands wound care, dietary precautions, breastfeeding positions, and signs of complications. However, the patient has limited medical knowledge and prefers simple Hindi explanations with relatable

examples. Goal: **Create** a culturally sensitive discharge instruction script for a post-C-section patient in a Tier-2 city. Prompt: "**You are** a nurse educator at a district hospital in India. **Prepare** a discharge instruction script in simple Hindi-English mix for a 29-year-old post-C-section patient. **Include** wound care tips, diet guidelines, breastfeeding techniques, and warning signs that require immediate medical attention. Inputs: Delivery date Hospital's follow-up schedule Patient's literacy level Home support availability"



15. Prompt 15 - Chemotherapy Side-Effect Management Script for First-Time Cancer Patient

Chemotherapy Side-Effect Management Script for First-Time Cancer Patient Backstory: Aarti, 45, from Lucknow, is starting chemotherapy for breast cancer. She is anxious about side effects like hair loss, nausea, and fatigue, and her family wants to know how they can help her through the process. The oncologist needs a compassionate, step-by-step script to prepare the patient and family for what to expect and how to manage symptoms. Goal: **Create** a patient-friendly script for preparing a first-time chemotherapy patient and her caregivers. Prompt: "**You are** an oncology nurse at a cancer care hospital in Lucknow. Write a compassionate, step-by-step Hindi-English mixed script to explain chemotherapy side effects and self-care tips to a 45-year-old woman and her family. Inputs: Type of chemotherapy drugs Number of cycles planned Patient's support system at home Available hospital resources"



16. Prompt 16 - Pediatric Vaccination Reminder & Education for New Parents

Pediatric Vaccination Reminder & Education for New Parents Backstory: Priya and Ankit, a young couple in Bhopal, have a 2-month-old baby due for vaccinations. They are first-time parents and slightly anxious about vaccine safety and side effects. The pediatrician wants a clear, reassuring script that explains the importance of vaccines, what to expect, and how to care for the baby afterward. Goal: **Create** a parental guidance script for pediatric vaccination. Prompt: "**You are** a pediatric nurse at a community clinic. **Create** a simple, reassuring Hindi-English mixed script for first-time parents about their baby's upcoming vaccination, including why it's important, what side effects to expect, and aftercare tips. Inputs: Baby's age Vaccination schedule Parents' preferred language Clinic follow-up policy"



17. Prompt 17 — Addressing Medication Non-Compliance

Addressing Medication Non-Compliance Backstory: A patient has not been taking their blood pressure medication regularly due to side effects. Goal: Resolve the issue while keeping them on a treatment plan. Prompt: "**You are** a Medication Adherence Specialist. Write a conversation script that: Empathizes with their concerns without judgment. Explores side effects in detail. Suggests possible alternatives or dosage adjustments. Reinforces risks of stopping medication abruptly. Creates a mutually agreed action plan. Inputs: Medication type Reported side effects"



18. Prompt 18 — Dental Hygiene Counseling

Dental Hygiene Counseling Backstory: A patient has recurring cavities despite regular brushing. Goal: Offer tailored advice for improving dental hygiene. Prompt: "**You are** a Dental Health

32. Prompt 7 — Corporate Wellness Email Campaign

Corporate Wellness Email Campaign Backstory: You're hired by a large Indian IT firm to run a wellness month campaign for employees working long hours. Goal: Encourage healthier habits at the workplace. Prompt: "**You are** a Corporate Health Consultant. Draft a 4-week email campaign for 'Healthy Habits at Work.' Week 1: Posture & ergonomics tips. Week 2: Healthy snacking ideas. Week 3: Desk stretches and micro-breaks. Week 4: Managing stress with mindfulness. **Include** a quiz or small challenge in each email. Inputs: Number of employees Company culture tone"



33. Prompt 8 — Myth-Busting Social Media Post

Myth-Busting Social Media Post Backstory: Misinformation about vaccines is circulating on local WhatsApp groups. Goal: Dispel myths with credible, engaging content. Prompt: "**You are** a Public Health Communicator. Write a 500-character post titled '5 Myths About Vaccines — Busted.' List each myth in one line. **Provide** a fact immediately after. Use a tone that's friendly, not confrontational. **Include** WHO or ICMR references. **Suggest** a visual idea for the post. Inputs: Vaccine type in focus Audience's education level"



34. Prompt 9 — Diet Plan for Busy Professionals

Diet Plan for Busy Professionals Backstory: Many young Indian professionals skip meals or rely on fast food due to time constraints. Goal: **Provide** a quick, healthy meal plan that fits into their schedule. Prompt: "**You are** a Clinical Dietitian. **Create** a 7-day meal plan for 'Busy Indian Professionals.' Use easily available Indian ingredients. Keep prep time under 20 minutes per meal. Balance macros (protein, carbs, fats) for sustained energy. **Include** hydration reminders. **Provide** an optional Sunday meal-prep guide. Inputs: Vegetarian/non-vegetarian preference Any dietary restrictions"



35. Prompt 10 — Mental Health Awareness Post

Mental Health Awareness Post Backstory: Mental health stigma is still common in many Indian communities. Goal: Educate and encourage open conversations. Prompt: "**You are** a Mental Wellness Advocate. Write a short LinkedIn post on 'Why Mental Health Is as Important as Physical Health.' Start with a relatable real-life scenario. **Mention** 2–3 signs of stress or burnout. Share one actionable tip for self-care. End with a message encouraging people to seek help. **Include** helpline details if appropriate. Inputs: Audience profession Preferred tone (professional/emotional)"



36. Prompt 11 — Festival Season Health Tips

Festival Season Health Tips Backstory: During Diwali, overeating and pollution exposure affect many people's health. Goal: **Provide** preventive and recovery tips in a festive-friendly way. Prompt: "**You are** a Community Health Educator. Write a 5-point guide titled 'Stay Healthy This Diwali.' Cover diet moderation. **Suggest** air quality precautions. **Recommend** quick post-festival detox tips. Use festive greetings and cultural references. Make it suitable for both print and WhatsApp. Inputs: City pollution levels Audience age group"



37. Prompt 12 — Weekly Health Podcast Script

Weekly Health Podcast Script Backstory: You want to launch a podcast on preventive health for Indian millennials. Goal: Build trust and grow a loyal listener base. Prompt: "**You are** a Podcast Host. **Create** Episode 1: '5 Everyday Habits That Improve Your Health.' Begin with a personal health anecdote. **Include** guest doctor insights. Give practical, budget-friendly tips. **Suggest** one small habit challenge for listeners. End with social media engagement prompts. Inputs: Target audience Language preference"



38. Prompt 13 — Local Community Health Bulletin

Local Community Health Bulletin Backstory: Your NGO publishes a monthly printed bulletin for rural communities. Goal: Share health tips in a simple, culturally relevant way. Prompt: "**You are** a Rural Health Content Creator. **Prepare** a 2-page bulletin with: Seasonal illness prevention. Nutrition tips with local foods. Basic first aid steps. A health quiz for engagement. Contact details for nearby health services. Inputs: Local language Available page space"



39. Prompt 14 — School Health Awareness Talk Script

School Health Awareness Talk Script Backstory: You've been invited to a local high school to speak about teen nutrition and hygiene. Many students rely on junk food and lack awareness of personal hygiene's role in preventing illness. Goal: Deliver an engaging, age-appropriate talk that holds teenagers' attention. Prompt: "**You are** a School Health Educator. Draft a 15-minute interactive talk for teens on 'Healthy Eating & Hygiene Habits.' Begin with a story or relatable incident. **Include** 3 nutrition tips and 3 hygiene tips. Use simple analogies for scientific concepts. **Add** a quick quiz at the end for retention. **Suggest** one activity for students to do at home. Inputs: Student age range Language preference"



40. Prompt 15 — Workplace Wellness Workshop Outline

Workplace Wellness Workshop Outline Backstory: A mid-sized company has asked you to create a 2-hour workshop for employees facing high stress and long screen times. Goal: Equip employees with practical strategies to improve health at work. Prompt: "**You are** a Corporate Wellness Trainer. **Create** a workshop outline titled 'Work Smart, Stay Healthy.' Break it into 3 segments: stress management, posture care, and nutrition. **Include** interactive activities for each segment. **Add** a pre- and post-workshop self-assessment. **Provide** take-home resource sheets. Ensure it's suitable for a hybrid (in-person + virtual) format. Inputs: Number of participants Company's work culture"



41. Prompt 16 — Health Challenge Campaign

Health Challenge Campaign Backstory: Your hospital wants to run a 30-day fitness challenge on Instagram to engage the community and promote preventive healthcare. Goal: **Create** a fun, shareable challenge plan. Prompt: "**You are** a Digital Health Campaign Planner. **Design** a 30-day

#HealthyYou Challenge with: A new habit each day (hydration, walking, meditation). Posts with images, captions, and hashtags. Weekly check-ins and giveaways. A grand prize for consistent participation. Rules that are easy for anyone to follow. Inputs: Target demographic Budget for prizes"

42. Prompt 17 — Telemedicine Consultation Prep Guide

Telemedicine Consultation Prep Guide Backstory: Many patients new to telemedicine struggle with preparation, leading to incomplete consultations. Goal: **Create** a patient guide to improve virtual healthcare effectiveness. Prompt: "**You are** a Telehealth Specialist. Write a patient guide titled 'How to **Prepare** for Your Telemedicine Appointment.' **Include** tech setup instructions. List documents and reports to keep handy. Give tips for describing symptoms clearly. **Add** privacy and safety reminders. **Provide** a printable checklist. Inputs: Patient age group Common ailments being consulted"

43. Prompt 18 — YouTube Health Myths Series Plan

YouTube Health Myths Series Plan Backstory: Your channel will feature a weekly series debunking Indian health myths (e.g., drinking milk with fish is harmful). Goal: Educate while keeping the tone light and shareable. Prompt: "**You are** a Health Educator YouTuber. **Create** a 10-episode plan for 'Busting Indian Health Myths.' **Include** episode titles and key talking points. **Add** suggested props or visuals. **Provide** one real-life case example per episode. **Include** a call-to-action at the end. Keep episodes under 8 minutes. Inputs: Myths to include Target audience age"

44. Prompt 19 — Parenting Guide on Child Nutrition

Parenting Guide on Child Nutrition Backstory: Many parents are unaware of the nutritional needs of children aged 2–10, leading to deficiencies. Goal: **Provide** a clear, trustworthy nutrition resource for parents. Prompt: "**You are** a Pediatric Nutrition Consultant. **Create** a guide titled 'Building Strong Kids: Nutrition from Ages 2–10.' Divide content into age groups. **Include** daily nutrient requirements. **Suggest** meal ideas using common Indian foods. Warn against common dietary mistakes. **Include** a printable grocery checklist. Inputs: Vegetarian/non-vegetarian Region-specific food availability"

45. Prompt 20 — Monthly Health Newsletter for Subscribers

Monthly Health Newsletter for Subscribers Backstory: Your health website wants to send a monthly email newsletter to keep readers engaged. Goal: Mix education with interactivity. Prompt: "**You are** a Health Newsletter Editor. Draft a monthly newsletter template with: A main feature article (seasonal health topic). 3 quick tips. One healthy recipe. A health-related quiz or poll. Reader Q&A section. Inputs: Newsletter tone (casual/formal) Primary focus (nutrition, fitness, general health)"

46. Prompt 21 — Fitness Tips for Homebound Seniors

Fitness Tips for Homebound Seniors Backstory: Many older adults remain indoors due to mobility issues but still need safe exercise routines. Goal: **Provide** a gentle, clear, and safe fitness plan. Prompt: "**You are** a Senior Fitness Instructor. **Create** a 7-day gentle movement plan for seniors. Focus on balance, flexibility, and light strength. No special equipment required. **Add** breathing and relaxation techniques. **Include** safety precautions. **Suggest** music or audio for motivation. Inputs: Age range Any health conditions"



47. Prompt 22 — Festival Food Healthy Alternatives Guide

Festival Food Healthy Alternatives Guide Backstory: Indian festivals often involve deep-fried and sugary foods, causing health risks for diabetics and heart patients. Goal: **Suggest** healthy swaps without losing cultural authenticity. Prompt: "**You are** a Healthy Recipe Developer. Write a guide on 'Healthy Food Swaps for Indian Festivals.' Cover snacks, main dishes, and desserts. **Include** traditional alternatives with lower calories. **Provide** recipes for at least 5 items. **Suggest** portion control strategies. **Add** plating ideas for festive appeal. Inputs: Festival name Dietary restrictions"



48. Prompt 23 — Emergency Health Tips for Travelers

Emergency Health Tips for Travelers Backstory: Many young Indians travel for work or leisure but are unprepared for health emergencies. Goal: **Create** a pocket guide for safe travel health. Prompt: "**You are** a Travel Health Advisor. **Prepare** a one-page emergency health tips sheet for Indian travelers. Cover common issues (food poisoning, dehydration, minor injuries). List essential travel medicines. **Include** local emergency contact formats. **Suggest** preventive measures. Make it easy to print or save digitally. Inputs: Travel destination Duration of travel"



49. Prompt 24 — Daily Radio Health Tip Script

Daily Radio Health Tip Script Backstory: A local FM station wants short daily health tips for morning listeners. Goal: Inform and engage in under 60 seconds. Prompt: "**You are** a Radio Health Host. Write a 60-second script on 'One Simple Daily Habit for Better Sleep.' Begin with a catchy intro. Share one science-backed tip. Give a quick example of implementation. End with a motivational sign-off. Adapt language for local listeners. Inputs: Tip theme (nutrition, fitness, mental health) City/region"



50. Prompt 25 — Health App Daily Notification Ideas

Health App Daily Notification Ideas Backstory: **You are** developing a wellness app and want to send engaging, non-intrusive daily push notifications. Goal: Encourage consistent health habits without annoying users. Prompt: "**You are** a Health App UX Content Writer. Draft 30 daily health notification ideas. Each under 100 characters. Mix facts, reminders, and motivational quotes. Adapt to user's health goals. Keep tone friendly and encouraging. **Suggest** emoji use for visual appeal. Inputs: User's primary goal (weight loss, stress relief, general health)"



SOPs for clinics & fitness centers

51. Prompt 1 — Patient Intake SOP for Clinics

Patient Intake SOP for Clinics Backstory: Your clinic is facing inconsistent patient registration processes, leading to missing information and delays. A clear SOP is needed so all staff follow the same steps from patient arrival to file creation. Goal: Ensure patient onboarding is smooth, professional, and legally compliant. Prompt: **"You are** a Healthcare Operations Consultant. Draft a detailed SOP for 'Patient Intake & Registration' at a multi-specialty clinic. **Include** step-by-step procedures from reception greeting to record creation. Outline required forms, ID checks, and consent protocols. Specify digital entry processes for EMR (Electronic Medical Records) software. **Add** escalation steps for incomplete documentation. **Include** a time target for each step. Inputs: Clinic size (number of patients/day) EMR system used"



52. Prompt 2 — Daily Hygiene & Sanitization SOP for Fitness Centers

Daily Hygiene & Sanitization SOP for Fitness Centers Backstory: A chain of gyms received complaints about cleanliness and hygiene post-COVID. Management wants a strict cleaning and sanitization protocol to restore trust and prevent infections. Goal: Ensure every branch follows consistent hygiene standards daily. Prompt: "**You are** a Fitness Facility Safety Expert. **Create** an SOP titled 'Daily Cleaning & Sanitization Procedures' for a fitness center. Detail cleaning frequency for equipment, floors, and washrooms. Specify cleaning agents and their safe usage. Assign staff roles and responsibilities. **Include** end-of-day deep-cleaning checklist. **Add** compliance monitoring methods. Inputs: Number of cleaning staff per shift Peak hours for gym usage"



53. Prompt 3 — Emergency Response SOP for Clinics

Emergency Response SOP for Clinics Backstory: Your clinic handles a variety of patients, but staff often panic during medical emergencies like cardiac arrest. A simple, actionable SOP will help staff act quickly and save lives. Goal: **Provide** a ready-to-use, role-specific emergency response guide. Prompt: "**You are** a Medical Safety Officer. Develop an SOP for 'On-Site Medical Emergency Response' for clinics. Define immediate steps for first responders. **Include** CPR protocol and defibrillator usage. Assign specific roles to receptionists, nurses, and doctors. List emergency contact numbers and hospital tie-ups. **Include** a post-incident documentation process. Inputs: Clinic specialty Available emergency equipment"



54. Prompt 4 — Client Assessment SOP for Personal Trainers

Client Assessment SOP for Personal Trainers Backstory: A fitness center wants to standardize how personal trainers assess new clients before starting workout plans to avoid injuries and ensure personalized programs. Goal: Ensure safety and accuracy in training prescriptions. Prompt: "**You are** a Sports & Exercise Science Expert. **Create** an SOP for 'Initial Client Assessment' for personal trainers. **Include** health history intake, physical fitness testing, and goal setting. Outline screening for injuries and health risks. Specify tools for measuring body composition and endurance. **Provide** documentation format for client records. **Suggest** frequency for reassessments. Inputs: Type of fitness center (general, CrossFit, yoga, etc.) Age range of clients"



55. Prompt 5 — Equipment Maintenance SOP for Clinics & Gyms

Equipment Maintenance SOP for Clinics & Gyms Backstory: Frequent equipment breakdowns are affecting service quality and safety in your facility. A preventive maintenance SOP is needed to minimize downtime. Goal: Extend equipment lifespan and prevent accidents. Prompt: "**You are** a Facility Maintenance Planner. Draft an SOP for 'Preventive Maintenance of Medical & Fitness Equipment.' List daily, weekly, and monthly inspection tasks. Specify calibration protocols for medical devices. **Include** safe handling and storage procedures. **Add** a reporting mechanism for malfunction. **Provide** a maintenance log template. Inputs: Equipment list Available maintenance staff"

56. Prompt 6 — SOP for Handling Patient Complaints in Clinics

SOP for Handling Patient Complaints in Clinics Backstory: Your clinic is getting recurring complaints, but the responses from staff are inconsistent and sometimes unprofessional. An SOP will ensure all grievances are handled empathetically and efficiently. Goal: Improve patient trust and resolve issues systematically. Prompt: "**You are** a Patient Experience Manager. **Create** an SOP titled 'Patient Complaint Handling Process.' Define categories of complaints (service, billing, clinical). Set timelines for acknowledgment and resolution. **Include** escalation levels if the complaint is unresolved. **Provide** a script for staff to use when responding. **Add** documentation requirements for every complaint. Inputs: Clinic size Complaint tracking tool used"

57. Prompt 7 — SOP for New Staff Onboarding in Fitness Centers

SOP for New Staff Onboarding in Fitness Centers Backstory: New hires at your gym take too long to get familiar with policies and equipment, affecting service quality. A structured onboarding SOP will cut training time. Goal: Ensure all new hires are productive within their first week. Prompt: "**You are** a Fitness Center HR Specialist. Draft an SOP for 'New Staff Onboarding.' **Create** a 5-day induction schedule. **Include** safety and hygiene training. **Add** shadowing sessions with senior trainers. **Provide** checklist for ID verification and paperwork. End with a probation review process. Inputs: Number of new hires per month Job roles being onboarded"

58. Prompt 8 — SOP for Handling Infectious Diseases in Clinics

SOP for Handling Infectious Diseases in Clinics Backstory: With rising flu and COVID-19 cases, clinics need clear steps for handling suspected infectious patients to prevent spread. Goal: Protect patients, staff, and community while maintaining care quality. Prompt: "**You are** an Infection Control Officer. **Create** an SOP for 'Infectious Disease Protocol in Clinics.' Detail patient isolation steps from entry to exit. List PPE (Personal Protective Equipment) requirements. Specify disinfection procedures after consultation. **Provide** staff exposure reporting guidelines. **Add** patient education handouts. Inputs: Type of infectious diseases to prioritize Available isolation facilities"

59. Prompt 9 — SOP for Fitness Class Scheduling & Attendance Tracking

SOP for Fitness Class Scheduling & Attendance Tracking Backstory: Your fitness center's class attendance is inconsistent, and double bookings occur often. A scheduling SOP can fix the chaos.

Goal: Ensure smooth scheduling and accurate attendance records. Prompt: "**You are** a Fitness Operations Manager. Write an SOP for 'Class Scheduling & Attendance.' Define booking methods (app, reception, call). Set class capacity limits. Outline attendance tracking process. **Include** cancellation and waitlist rules. **Add** monthly reporting format. Inputs: Class types offered Peak time data"

60. Prompt 10 — SOP for Prescription Dispensing in Clinics

SOP for Prescription Dispensing in Clinics Backstory: Some patients receive incorrect medicines due to lack of a standardized dispensing process. Goal: Reduce medication errors and ensure patient safety. Prompt: "**You are** a Clinical Pharmacist. Develop an SOP for 'Prescription Dispensing in Clinics.' Verify prescriptions with prescribing doctor. Check for dosage accuracy and allergies. **Include** labeling requirements. Educate patient on usage and side effects. Document all dispensed medicines. Inputs: Clinic pharmacy size Electronic or manual prescription system"

61. Prompt 11 — SOP for Social Media Posting for Clinics & Gyms

SOP for Social Media Posting for Clinics & Gyms Backstory: Your facility's social media posts are inconsistent in branding and tone. An SOP will help maintain a professional online image. Goal: Standardize content creation and posting schedules. Prompt: **"You are** a Digital Marketing Manager. **Create** an SOP for 'Social Media Posting Guidelines.' Define content categories (health tips, offers, testimonials). Set posting frequency. **Include** brand voice and tone guidelines. **Add** image/video quality requirements. Outline approval process before posting. Inputs: Number of platforms used Brand's target audience"

62. Prompt 12 — SOP for Financial Transactions & Billing in Clinics

SOP for Financial Transactions & Billing in Clinics Backstory: Billing mistakes have led to disputes and revenue loss in your clinic. Goal: Ensure accurate and transparent billing for all patients. Prompt: "**You are** a Medical Billing Specialist. Draft an SOP for 'Financial Transactions & Billing.' Outline invoice generation steps. **Include** insurance claim processing. Define refund and discount policies. **Add** cash and digital payment protocols. **Provide** monthly reconciliation steps. Inputs: Billing software used Insurance tie-ups"

63. Prompt 13 — SOP for Handling Children in Fitness Classes

SOP for Handling Children in Fitness Classes Backstory: Parents are enrolling kids in fitness classes, but trainers lack clear guidelines for safety and engagement. Goal: Ensure child-friendly and safe sessions. Prompt: "**You are** a Youth Fitness Specialist. **Create** an SOP for 'Handling Children in Fitness Classes.' Set age-based class structure. **Include** child safety measures. Outline communication guidelines with parents. **Add** emergency contact verification process. **Suggest** engaging warm-up and cool-down activities. Inputs: Age range of children Class duration"

64. Prompt 14 — SOP for Patient Follow-Up Calls in Clinics

SOP for Patient Follow-Up Calls in Clinics Backstory: Many patients are lost after the first consultation due to lack of follow-up. Goal: Increase patient retention and care continuity. Prompt: "**You are** a Patient Relationship Manager. **Create** an SOP for 'Follow-Up Call Procedures.' Define timelines based on case type. **Include** call script for updates and feedback. **Add** appointment booking link in follow-up. Document every follow-up in EMR. **Include** escalation if patient reports worsening symptoms. Inputs: Follow-up time frames EMR system"



65. Prompt 15 — SOP for Fitness Center Safety Drills

SOP for Fitness Center Safety Drills Backstory: Your gym needs to prepare for rare but possible emergencies like fire or earthquake. Goal: Ensure all staff can respond quickly and keep members safe. Prompt: "**You are** a Safety & Compliance Officer. Write an SOP for 'Emergency Safety Drills in Fitness Centers.' Define drill frequency. Assign staff roles. **Include** evacuation routes and assembly points. Document every drill conducted. **Add** a post-drill feedback process. Inputs: Facility size Emergency scenarios to cover"



66. Prompt 16 — SOP for Telemedicine Consultations

SOP for Telemedicine Consultations Backstory: Your clinic recently launched telemedicine services, but doctors follow different approaches when consulting online, leading to inconsistent patient experiences. Goal: Standardize telemedicine protocols to maintain quality and compliance. Prompt: "**You are** a Telehealth Process Designer. **Create** an SOP for 'Conducting Telemedicine Consultations.' **Include** patient verification and consent process. Define standard video/audio quality checks. Outline how to share prescriptions securely. **Add** post-consultation follow-up process. **Include** legal compliance points (as per Indian telemedicine guidelines). Inputs: Specialties covered Telemedicine platform used"



67. Prompt 17 — SOP for Membership Renewals in Fitness Centers

SOP for Membership Renewals in Fitness Centers Backstory: Your gym is losing revenue due to members forgetting to renew. Staff need a structured system for reminders and reactivation offers. Goal: Increase membership retention and reduce churn. Prompt: "**You are** a Membership Sales Manager. Draft an SOP for 'Membership Renewal Process.' Set reminder schedule (30, 15, 7 days before expiry). **Include** follow-up methods (calls, SMS, email). **Add** guidelines for offering discounts or bonuses. Track renewal conversions in CRM. **Include** escalation if member doesn't respond. Inputs: CRM tool used Average membership duration"



68. Prompt 18 — SOP for Medical Record Archiving in Clinics

SOP for Medical Record Archiving in Clinics Backstory: Paper and digital medical records are piling up, making it hard to retrieve patient histories quickly. Goal: Implement an efficient archiving process that's secure and organized. Prompt: "**You are** a Medical Records Manager. **Create** an SOP for 'Archiving Patient Records.' Define timeframes for active vs. inactive records. Outline digital backup and encryption protocols. Set physical storage standards for paper files. Assign record destruction timelines as per law. **Add** an audit process for compliance. Inputs: Storage type (cloud/local) Legal retention period in region"



69. Prompt 19 — SOP for Handling Walk-In Patients at Clinics

SOP for Handling Walk-In Patients at Clinics Backstory: Your clinic experiences random surges in walk-ins, leading to long wait times and staff stress. Goal: Streamline walk-in patient handling without affecting scheduled appointments. Prompt: "**You are** a Clinic Operations Strategist. Write an SOP for 'Walk-In Patient Management.' Define triage criteria for urgent vs. non-urgent cases. Set token number system process. **Include** walk-in vs. appointment queue integration. Outline communication guidelines for wait times. **Add** daily walk-in report template. Inputs: Average daily walk-ins Number of doctors available"



70. Prompt 20 — SOP for Handling Injuries in Fitness Centers

SOP for Handling Injuries in Fitness Centers Backstory: Minor injuries during workouts are common, but trainers sometimes mishandle them due to lack of a proper guide. Goal: Ensure safe, immediate, and professional response to any injury. Prompt: "**You are** a Fitness Safety Coordinator. Draft an SOP for 'Responding to Injuries in Fitness Centers.' Define first-aid procedures for common injuries. Outline incident documentation process. **Include** guidelines for calling emergency services. **Add** injury follow-up protocol. Train staff on using first-aid kits and AEDs. Inputs: Common injuries in facility First-aid equipment available"



71. Prompt 21 — SOP for Cross-Department Communication in Clinics

SOP for Cross-Department Communication in Clinics Backstory: Lab reports, prescriptions, and doctor notes sometimes get lost between departments, causing delays in treatment. Goal: Establish a smooth inter-department communication system. Prompt: "**You are** a Healthcare Workflow Analyst. **Create** an SOP for 'Cross-Department Communication.' Define communication channels (internal chat, EMR notes). Set response time SLAs (Service Level Agreements). Outline responsibility for forwarding information. **Include** escalation for missed updates. **Add** monthly review meetings. Inputs: Departments involved Communication tools used"



72. Prompt 22 — SOP for Nutrition Counseling in Fitness Centers

SOP for Nutrition Counseling in Fitness Centers Backstory: Your gym offers nutrition advice, but trainers give inconsistent or incorrect dietary guidance. Goal: Ensure safe and professional nutrition counseling. Prompt: "**You are** a Sports Nutritionist. Write an SOP for 'Nutrition Counseling in Fitness Centers.' Define consultation steps (assessment, plan, follow-up). **Include** dietary customization for medical conditions. **Add** guidelines for food tracking and progress measurement. **Provide** a disclaimer format to avoid liability. **Include** follow-up call schedule. Inputs: Type of clients served In-house or outsourced nutritionists"



73. Prompt 23 — SOP for Handling High-Profile Clients in Clinics & Gyms

SOP for Handling High-Profile Clients in Clinics & Gyms Backstory: Occasionally, celebrities or high-net-worth clients visit your facility. Staff must know how to maintain confidentiality and special handling. Goal: Protect privacy while providing premium service. Prompt: "**You are** a VIP Client Services Coordinator. Draft an SOP for 'Handling High-Profile Clients.' Set privacy measures for arrival and waiting areas. Define limited staff access. Outline appointment scheduling security. **Include** special billing and NDAs. **Add** media handling guidelines. Inputs: Type of VIP clients expected Facility security protocols"

74. Prompt 24 — SOP for Waste Management in Clinics & Fitness Centers

SOP for Waste Management in Clinics & Fitness Centers Backstory: Improper waste disposal is causing hygiene issues and regulatory risks. Goal: Ensure compliance with biomedical and general waste disposal rules. Prompt: "**You are** an Environmental Compliance Officer. **Create** an SOP for 'Waste Management.' Define waste segregation categories. Outline storage and disposal timelines. **Include** hazardous waste handling procedures. **Add** staff training requirements. **Provide** monthly compliance audit checklist. Inputs: Waste volume generated Local disposal laws"

75. Prompt 25 — SOP for Marketing & Promotions Approval

SOP for Marketing & Promotions Approval Backstory: Random discount campaigns and unapproved ads are damaging your brand image. Goal: Standardize marketing approvals for consistency and compliance. Prompt: "**You are** a Healthcare & Fitness Marketing Manager. Draft an SOP for 'Approval Process for Marketing & Promotions.' Define who can propose campaigns. Set approval hierarchy and timelines. **Include** brand guideline checklist. Require legal compliance check for health claims. **Add** campaign performance tracking format. Inputs: Number of campaigns per month Marketing budget range"

Diet & workout plan creation

76. Prompt 1 — Personalized Weight Loss Plan

Personalized Weight Loss Plan Backstory: You have a 28-year-old office worker who sits for 8+ hours daily, has minimal exercise history, and wants to lose 8 kg in 3 months without crash diets. They prefer Indian vegetarian food. Goal: **Create** a safe, sustainable, and personalized weight loss plan. Prompt: "**You are** a Certified Nutritionist & Fitness Trainer. **Design** a 12-week weight loss program for a 28-year-old vegetarian office worker. **Include** daily calorie goals and macronutrient breakdown. **Suggest** 3 meal options per day with Indian vegetarian recipes. **Add** a beginner-friendly workout plan (no gym required). **Include** weekly progress tracking methods. **Suggest** motivational checkpoints to keep the client on track. Inputs: Height & weight Any food allergies Current fitness level"

77. Prompt 2 — Muscle Gain Program for Beginners

Muscle Gain Program for Beginners Backstory: A 24-year-old college student has joined the gym for the first time and wants to build lean muscle mass. They have a fast metabolism and struggle to

gain weight. Goal: **Create** a structured muscle gain plan with diet and workouts. Prompt: "**You are** a Strength & Conditioning Coach. **Prepare** a 3-month lean muscle gain program for a beginner with high metabolism. Set daily calorie surplus and protein target. **Suggest** 5 simple high-protein meals with Indian options. **Create** a gym workout split focusing on compound lifts. **Include** rest and recovery guidelines. **Provide** weekly adjustment recommendations based on progress. Inputs: Current body weight Gym equipment availability"



78. Prompt 3 — PCOS-Friendly Diet & Exercise Plan

PCOS-Friendly Diet & Exercise Plan Backstory: A 30-year-old woman with PCOS is struggling with weight gain, irregular cycles, and low energy. She wants a plan that's realistic for a busy work schedule. Goal: Improve hormonal balance while aiding weight loss. Prompt: "**You are** a Women's Health Nutritionist. **Design** a PCOS-friendly 8-week diet and exercise program. Avoid high-GI foods and processed sugar. **Suggest** 3 main meals and 2 snacks daily. **Recommend** 30-minute workouts 4 times a week. **Include** stress management techniques like yoga or meditation. Track progress with monthly cycle logs and weight checks. Inputs: Height & weight Activity level Medical history"



79. Prompt 4 — Home Workout & Diet Plan for Busy Professionals

Home Workout & Diet Plan for Busy Professionals Backstory: A 35-year-old corporate employee works long hours and travels frequently, making it hard to commit to the gym. They want a home-based plan with minimal equipment. Goal: Improve fitness without disrupting their work schedule. Prompt: "**You are** a Corporate Wellness Coach. **Create** a 10-week home fitness and nutrition program for a busy professional. **Provide** 20–30 minute workout routines with resistance bands and bodyweight exercises. **Suggest** quick, travel-friendly healthy meals. **Include** hydration and sleep improvement tips. **Add** stress-reducing techniques for work-life balance. **Create** a progress tracker for workouts and diet adherence. Inputs: Current fitness level Equipment owned"



80. Prompt 5 — Diabetic-Friendly Diet & Exercise Plan

Diabetic-Friendly Diet & Exercise Plan Backstory: A 32-year-old man recently diagnosed with type 2 diabetes wants to control blood sugar through diet and exercise, avoiding medication if possible. Goal: Stabilize blood sugar while improving overall fitness. Prompt: "**You are** a Clinical Dietitian & Fitness Specialist. **Design** a diabetic-friendly lifestyle plan for a newly diagnosed patient. Set low-GI meal plans with portion control. **Include** morning and evening walks with light resistance training. **Suggest** natural foods that help manage blood sugar. **Add** stress management methods like breathing exercises. **Include** a daily log for blood sugar, meals, and activity. Inputs: Age & weight Fasting blood sugar level"



81. Prompt 6 — Bridal Fitness & Diet Program

Bridal Fitness & Diet Program Backstory: A 27-year-old bride-to-be wants to look toned and radiant for her wedding in 4 months. She has no prior workout experience but is highly motivated. Goal: Achieve visible toning, healthy skin, and high energy for the wedding. Prompt: "**You are** a Bridal Transformation Specialist. **Create** a 16-week bridal fitness & diet program. **Include** a gradual

86. Prompt 11 — Vegan Athlete Diet & Training Program

Vegan Athlete Diet & Training Program Backstory: A 25-year-old competitive runner follows a vegan lifestyle and needs a high-performance diet and training plan. Goal: Maximize endurance and speed while staying vegan. Prompt: "**You are** a Vegan Sports Nutritionist. Develop a 10-week vegan-friendly training and nutrition program for a runner. **Suggest** plant-based protein sources for muscle repair. **Include** carb-loading strategies for race prep. **Add** recovery meal ideas with natural anti-inflammatories. **Provide** hydration guidelines for hot climates. **Include** strength training for runners. Inputs: Race distance goal Current weekly mileage"

87. Prompt 12 — Intermittent Fasting Fat Loss Plan

Intermittent Fasting Fat Loss Plan Backstory: A 31-year-old entrepreneur wants to lose fat but struggles with meal prep during a hectic day. They are open to trying intermittent fasting. Goal: Use fasting to simplify eating and aid fat loss. Prompt: "**You are** an Intermittent Fasting Coach. **Create** a 12-week fat loss program using a 16:8 fasting schedule. **Suggest** nutrient-rich meals for the eating window. **Include** hydration strategies during fasting. **Add** light morning workout suggestions. **Provide** tips for controlling hunger. **Include** weekly progress check-ins. Inputs: Preferred eating window Current activity level"

88. Prompt 13 — Senior-Friendly Diet & Light Exercise Plan

Senior-Friendly Diet & Light Exercise Plan Backstory: A 35-year-old client wants to help their 65-year-old father stay healthy and active through diet and exercise. Goal: Improve mobility, energy, and overall health. Prompt: "**You are** a Senior Wellness Coach. **Design** an 8-week health plan for a 65-year-old male. **Include** easy-to-digest meals with adequate protein. **Suggest** light exercise (walking, yoga, resistance bands). **Add** joint-friendly mobility drills. **Provide** daily hydration goals. Track improvements in stamina and flexibility. Inputs: Medical history Activity restrictions"

89. Prompt 14 — Busy Mom’s 20-Minute Daily Workout & Diet Plan

Busy Mom’s 20-Minute Daily Workout & Diet Plan Backstory: A 33-year-old working mother of two has no time for long workouts but wants to get fit without extreme diets. Goal: Build strength and stamina in short, manageable sessions. Prompt: "**You are** a Time-Efficient Fitness Coach. **Create** an 8-week plan for a working mother. **Provide** 20-minute at-home workout routines. **Suggest** quick, nutritious family meals. **Include** stress-reducing breathing exercises. **Add** weekend family activity ideas. **Include** weekly checklists for workouts and diet. Inputs: Available workout equipment Cooking time available"

90. Prompt 15 — Gym-Free Body Recomposition Plan

Gym-Free Body Recomposition Plan Backstory: A 26-year-old wants to lose fat while building muscle but doesn’t want to join a gym. They are willing to invest in small equipment for home. Goal: Achieve lean, toned physique without gym membership. Prompt: "**You are** a Home Fitness & Nutrition Specialist. **Create** a 12-week body recomposition plan. **Include** strength training with

resistance bands, dumbbells, and bodyweight. **Provide** high-protein, moderate-carb diet plans. **Add** progressive overload techniques for home workouts. **Suggest** tracking methods for body fat percentage. **Include** recovery and mobility routines. Inputs: Current weight & body fat % Available home equipment"



91. Prompt 16 — Weight Management Plan for Thyroid Patients

Weight Management Plan for Thyroid Patients Backstory: A 29-year-old woman has hypothyroidism and is finding it extremely difficult to lose weight despite following generic diets. Goal: **Create** a thyroid-friendly plan that boosts metabolism. Prompt: "**You are** a Clinical Nutritionist Specializing in Thyroid Health. **Design** a 12-week weight loss and energy-boosting plan for a hypothyroid patient. **Suggest** foods that support thyroid hormone production. Avoid known goitrogens and high-inflammatory foods. **Include** strength training and light cardio. **Add** sleep and stress regulation tips. Track energy, weight, and hormonal markers weekly. Inputs: Thyroid medication details Recent TSH, T3, T4 levels"



92. Prompt 17 — Fat Loss Plan for Frequent Travelers

Fat Loss Plan for Frequent Travelers Backstory: A 32-year-old marketing executive travels 15 days a month and struggles to eat healthy on the road. Goal: Maintain fat loss momentum despite constant travel. Prompt: **"You are** a Travel Wellness Coach. **Create** a 10-week fat loss plan for a frequent business traveler. **Suggest** portable, travel-friendly meal options. **Include** bodyweight and hotel-room workout plans. **Provide** hydration tips for flights. **Add** sleep adjustment hacks for changing time zones. Track progress via a travel-friendly habit log. Inputs: Travel frequency & destinations Access to hotel gyms"



93. Prompt 18 — Marathon Training & Nutrition Guide

Marathon Training & Nutrition Guide Backstory: A 25-year-old amateur runner is training for their first full marathon in 6 months. They have been running 3 times/week for a year. Goal: Build endurance, avoid injuries, and fuel optimally. Prompt: "**You are** an Endurance Sports Coach. Develop a 24-week marathon training and nutrition program. **Create** a progressive long-run schedule. **Suggest** carb-loading and hydration strategies. **Add** strength and mobility training to prevent injuries. **Include** race-day fueling and pacing strategy. Track improvements in distance and pace weekly. Inputs: Current longest run distance Available training days"



94. Prompt 19 — Weight Gain Plan for Underweight Adults

Weight Gain Plan for Underweight Adults Backstory: A 23-year-old man has been underweight his whole life and wants to put on healthy muscle mass without junk food. Goal: Gain weight in a healthy, sustainable way. Prompt: "**You are** a Muscle Gain Specialist. **Create** a 12-week high-calorie, high-protein weight gain plan. **Suggest** 5–6 nutrient-rich meals daily. **Include** progressive resistance training. **Add** calorie-dense snacks like smoothies and nut butters. **Provide** hydration and electrolyte balance tips. **Include** monthly weight and muscle mass tracking. Inputs: Current weight & height Food preferences"



95. Prompt 20 — Weight Loss Plan for Newly Weds

Weight Loss Plan for Newly Weds Backstory: A couple in their early 30s wants to lose the weight they gained after wedding celebrations but prefers to do it together. Goal: **Create** a joint plan for mutual motivation. Prompt: "**You are** a Couple's Fitness Coach. **Create** a 10-week fat loss plan for newlyweds. **Include** partner workout sessions. **Suggest** healthy home-cooked meals for two. **Add** friendly weekly challenges for motivation. **Include** stress-reduction couple activities. Track joint progress in weight and body fat %. Inputs: Combined grocery budget Cooking frequency"



96. Prompt 21 — Office-Friendly Meal & Fitness Plan

Office-Friendly Meal & Fitness Plan Backstory: A 30-year-old accountant spends 9 hours at a desk and struggles with junk food temptations at work. Goal: Improve diet adherence and add light activity during office hours. Prompt: "**You are** a Workplace Wellness Advisor. **Design** an 8-week office-friendly nutrition and activity plan. **Suggest** lunchbox ideas that stay fresh. **Add** desk-based mobility stretches. **Include** healthy snack swaps for common junk foods. **Provide** weekly walking step goals. **Create** a calendar-based progress tracker. Inputs: Office pantry facilities Daily commute duration"



97. Prompt 22 — Anti-Aging Diet & Exercise Plan

Anti-Aging Diet & Exercise Plan Backstory: A 35-year-old woman wants to maintain youthful skin, bone health, and vitality as she ages. Goal: Slow down aging signs through diet, exercise, and lifestyle changes. Prompt: "**You are** an Anti-Aging Lifestyle Coach. **Create** a 12-week vitality and longevity program. **Suggest** antioxidant-rich foods. **Include** strength training for bone density. **Add** flexibility and mobility sessions. **Recommend** skincare routines tied to nutrition. Track progress in skin health, energy, and fitness. Inputs: Skin concerns Current fitness level"



98. Prompt 23 — Stress-Relief Fitness & Nutrition Program

Stress-Relief Fitness & Nutrition Program Backstory: A 28-year-old IT professional is experiencing burnout and wants a holistic plan to improve mood and reduce stress. Goal: Use diet, exercise, and relaxation to lower stress levels. Prompt: "**You are** a Mind-Body Wellness Coach. **Create** an 8-week stress-relief program. **Include** mood-boosting foods like omega-3 rich meals. **Suggest** yoga and meditation routines. **Add** light to moderate exercise for endorphin release. **Provide** daily journaling prompts. **Include** weekly self-care challenges. Inputs: Current stress triggers Sleep quality score"



99. Prompt 24 — Seasonal Diet & Workout Adjustments

Seasonal Diet & Workout Adjustments Backstory: A 31-year-old wants to optimize their diet and exercise according to seasonal changes in India (summer, monsoon, winter). Goal: Adapt nutrition and workouts to seasonal climate. Prompt: "**You are** a Seasonal Health Expert. **Create** a 12-month rotating fitness and diet plan. **Suggest** seasonal foods rich in immunity-boosting nutrients. Adjust

103. Prompt 3 - Healthy Indian Breakfast Ideas

Healthy Indian Breakfast Ideas Backstory: You have a 24-year-old nutritionist who wants to create a series of posts showing quick, healthy, and budget-friendly Indian breakfast options for college students and young working professionals. Goal: Generate 15 breakfast ideas with recipes, nutrition details, and appealing captions. Prompt: "**You are** a certified nutritionist and social media strategist. **Create** 15 healthy Indian breakfast post ideas for young adults on a budget. For each post: Name of the breakfast item. Quick recipe (under 15 minutes). Calorie count and macronutrient breakdown. 1-line benefit for health. Short, catchy Instagram caption. Keep the tone casual and inspiring." Inputs Required: Dietary preferences (veg, non-veg, vegan) Maximum prep time per recipe Target calorie range Audience cooking skill level



104. Prompt 4 - Workout at Home Challenges

Workout at Home Challenges Backstory: You have a 29-year-old fitness coach who wants to run monthly "home workout challenges" for beginners with no gym access. Most of the audience is sedentary and needs motivation. Goal: **Design** 4 engaging, beginner-friendly workout challenges with daily posts. Prompt: "**You are** a personal trainer and social media content planner. **Design** 4 month-long home workout challenges for beginners. For each challenge: Give it a catchy name. **Explain** the goal in 2 lines. **Provide** a 30-day schedule (in table format). **Add** 1 motivational line for each week. Keep it achievable for people with no gym access — only bodyweight and common household items." Inputs Required: Target body areas (full-body, abs, arms, legs) Daily time commitment (10, 15, 20 mins) Posting format (video, carousel) Equipment availability



105. Prompt 5 - Health Myths in Indian Families

Health Myths in Indian Families Backstory: You have a young doctor who wants to make humorous yet educational reels debunking outdated or incorrect health advice often passed down in Indian families — like "don't drink water with meals" or "eating mangoes causes acne." Goal: **Create** 10 humorous yet fact-checked reel scripts. Prompt: "**You are** a doctor and comedic scriptwriter. Write 10 Instagram reel scripts debunking common Indian family health myths. For each script: Start with the typical dialogue elders say. Show a quick, funny reaction by a young person. Share the science-backed truth in 1–2 lines. End with a friendly tip. Make it funny but respectful." Inputs Required: List of myths to cover Humor style (sarcastic, lighthearted, situational) Preferred reel length (15s, 30s, 60s) Audience demographic



106. Prompt 6 - Debunking Popular Diet Trends

Debunking Popular Diet Trends Backstory: You have a young dietitian who wants to create Instagram reels explaining why certain fad diets like Keto, GM Diet, or Juice Cleanses may not be suitable for everyone. Goal: Make educational but engaging content to clear misinformation on diets. Prompt: "**You are** a registered dietitian and content creator. **Create** 8 Instagram reel scripts explaining the pros and cons of popular diets (Keto, Paleo, GM, Intermittent Fasting, etc.) for Indian audiences. For each diet: Start with a trending hook line. **Mention** the main principle of the diet. **Explain** risks and limitations. **Suggest** a healthier alternative or modification." Inputs Required: List of diets to cover Target audience's dietary preferences (veg/non-veg) Video length per reel Tone (educational, humorous, or mix)



107. Prompt 7 - Workplace Wellness Tips

Workplace Wellness Tips Backstory: A 27-year-old corporate wellness coach wants to post daily tips to help office workers stay active and healthy despite sitting for 8+ hours. Goal: Generate 30 short tips for corporate health. Prompt: "**You are** a corporate wellness consultant. **Create** 30 bite-sized Instagram post ideas with quick health tips for office workers in India. For each tip: Use a catchy title. Give a one-line actionable tip. **Add** a brief reason why it's important. End with a reminder to take action today." Inputs Required: Office environment type (remote, hybrid, in-office) Available facilities (standing desks, office gym) Preferred posting frequency



108. Prompt 8 - Festival Season Health Guide

Festival Season Health Guide Backstory: An influencer wants to guide people on how to enjoy Diwali, Holi, Eid, and Christmas without overindulging and harming health. Goal: **Create** seasonal health awareness content. Prompt: "**You are** a health coach. **Create** 8 Instagram carousel posts on staying healthy during Indian festivals. For each festival: Share common health challenges (overeating, dehydration, lack of sleep). Give 3 practical tips to stay balanced. **Suggest** 1 healthy swap for a popular festive food." Inputs Required: Festivals to be covered Audience dietary restrictions Cultural sensitivity requirements



109. Prompt 9 - Weekly Immunity Booster Series

Weekly Immunity Booster Series Backstory: A nutrition page wants to post natural immunity tips every week for young adults prone to seasonal flu. Goal: Share science-backed immunity tips in short posts. Prompt: "**You are** an Ayurvedic nutritionist. **Create** 12 posts on immunity-boosting foods and habits for Indian youth. Each post should include: Food/herb name Why it boosts immunity (1–2 lines) Quick way to consume it daily." Inputs Required: Type of diet (veg/non-veg) Preferred posting format Allergies to avoid



110. Prompt 10 - Sleep Hygiene Tips

Sleep Hygiene Tips Backstory: A wellness coach wants to educate people on improving sleep quality through lifestyle changes. Goal: Share actionable and relatable sleep improvement posts. Prompt: "**You are** a sleep therapist and content planner. **Create** 10 short Instagram posts on sleep hygiene for 20–35-year-olds. For each tip: Give a catchy title. **Explain** the tip in 2 lines. **Suggest** 1 small action to try tonight." Inputs Required: Average sleep duration of audience Common issues (insomnia, late-night scrolling)



111. Prompt 11 - Healthy Office Snacks

Healthy Office Snacks Backstory: A dietitian wants to help office workers replace junk snacks with healthy ones without sacrificing taste. Goal: **Create** a healthy snacking guide for social media. Prompt: "**You are** a dietitian and recipe developer. **Create** 12 healthy office snack ideas for Indian professionals. For each snack: Name and ingredients Quick recipe (under 5 mins prep) Health



117. Prompt 17 - Healthy Relationships & Boundaries

Healthy Relationships & Boundaries Backstory: A psychologist wants to make awareness posts about emotional health and boundaries. Goal: Educate on emotional well-being in relationships. Prompt: "**You are** a relationship therapist. **Create** 10 carousel posts about healthy boundaries and emotional health for young adults in India. Each should: Use a relatable scenario. Share 3 tips for handling it. End with an encouraging takeaway." Inputs Required: Relationship context (romantic, family, work)



118. Prompt 18 - Mindfulness for Beginners

Mindfulness for Beginners Backstory: A yoga teacher wants to introduce mindfulness to people with busy lives. Goal: Make easy-to-practice mindfulness content. Prompt: "**You are** a meditation coach. **Create** 12 Instagram posts on simple mindfulness practices for beginners. Each post should: Introduce the technique. **Explain** the benefit in 1–2 lines. **Suggest** a quick practice under 5 mins." Inputs Required: Audience stress triggers Preferred format (carousel, reel)



119. Prompt 19 - First Aid Basics

First Aid Basics Backstory: A health NGO wants to educate people on common first aid situations. Goal: Share life-saving tips in easy-to-read posts. Prompt: "**You are** a first aid trainer. **Create** 8 Instagram posts on emergency first aid (burns, choking, bleeding, fainting). For each: Describe the situation in 1 line. Give 3 immediate actions to take. **Mention** 1 thing to avoid." Inputs Required: List of conditions Language preference



120. Prompt 20 - Dental Health Awareness

Dental Health Awareness Backstory: A dentist wants to promote oral hygiene in a fun way. Goal: Make dental tips engaging for social media. Prompt: "**You are** a dentist. **Create** 10 Instagram post ideas on oral hygiene. Each should: Start with a common dental mistake. **Explain** the correct approach. **Suggest** 1 preventive habit." Inputs Required: Age group focus Common issues (cavities, bad breath)



121. Prompt 21 - Heart Health Awareness

Heart Health Awareness Backstory: A cardiologist wants to raise awareness on preventing heart disease in young people. Goal: Educate on heart-friendly lifestyle. Prompt: "**You are** a cardiologist. **Create** 12 Instagram posts about heart health for 20–35-year-olds. Each should: Share a risk factor. **Suggest** a prevention tip. **Include** 1 inspiring fact about heart health." Inputs Required: Audience activity level Family history considerations



122. Prompt 22 - Desk Posture Correction

Desk Posture Correction Backstory: A physiotherapist wants to teach office workers how to avoid posture-related pain. Goal: Make posture correction tips easy and visual. Prompt: "**You are** a physiotherapist. **Create** 10 posture correction post ideas for office workers. Each should: Describe a bad posture. Show a correct posture. **Suggest** 1 daily stretch." Inputs Required: Office setup details Audience physical limitations

123. Prompt 23 - Stress Management Hacks

Stress Management Hacks Backstory: A mental health influencer wants to share quick ways to de-stress after work. Goal: Offer realistic stress relief methods. Prompt: "**You are** a stress management coach. **Create** 15 Instagram post ideas with quick stress relief methods. Each should: Use a relatable work stress example. Share 1 practical method. **Explain** why it works in 1 line." Inputs Required: Common stress triggers of audience Preferred post format

124. Prompt 24 - Alcohol Awareness for Youth

Alcohol Awareness for Youth Backstory: A health educator wants to raise awareness on alcohol misuse without being preachy. Goal: Make balanced, informative alcohol-related posts. Prompt: "**You are** a public health educator. **Create** 8 Instagram posts on alcohol awareness for young adults. Each should: Start with a surprising fact. **Explain** the risk in 1–2 lines. Share a healthier alternative for socializing." Inputs Required: Tone (light, serious) Cultural context sensitivity

125. Prompt 25 - Digital Detox Challenge

Digital Detox Challenge Backstory: A wellness influencer wants to start a 7-day challenge to reduce screen time. Goal: Promote digital balance. Prompt: "**You are** a lifestyle coach. **Create** a 7-day digital detox challenge for Instagram. For each day: Give a task. **Explain** benefit in 1–2 lines. **Suggest** a tip to stick to it." Inputs Required: Average screen time of audience Available offline activity suggestions