

PROMPT PACK

AI prompts for personal trainers

Eight starting points for workouts, meals and client messages. Replace the brackets with your client's details.

PROMPTS	WORKOUTS	MEALS	CLIENT MESSAGES
8	3	2	3

Read this first. These prompts are starting points we wrote. We did not run them against a model for this pack, so test each one and read the output before you use it. AI gives you a draft. You approve it. Do not paste a client's full name, health records or photos into a general chatbot.

1 Four week workout draft

WORKOUT

Act as an assistant to a personal trainer. Draft a 4 week strength programme for a [beginner / intermediate] client. Goal: [goal]. Training days: [number] a week, [minutes] per session. Equipment: [list]. Injuries or limits: [list, or none]. Show each day with exercises, sets, reps and rest. Add a simple progression rule for weeks 2 to 4. Do not include [exercises to avoid].

2 Swap an exercise

WORKOUT

This exercise does not work for my client: [exercise]. Reason: [pain, no equipment, dislikes it]. Suggest 3 alternatives that train the same movement pattern with [equipment]. Say in one line how each differs.

3 Home version of a gym plan

WORKOUT

Here is a gym session: [paste]. Rewrite it for a client with [equipment at home] and [minutes] minutes. Keep the same muscle groups and similar hard sets. List anything you changed.

4 Meal plan outline to a macro target

MEALS

Draft a one day meal plan for [calories] kcal with about [protein] g protein, [carbs] g carbs and [fat] g fat across [3 to 5] meals. Foods to avoid: [list]. Diet: [omnivore / vegetarian / other]. Show grams per food. I will check the totals myself.

5 Recipe swap list

MEALS

My client eats [meal]. They dislike [foods]. Give 5 swaps with a similar protein amount and calories. Keep each to one line.

6 Weekly check-in reply

MESSAGE

Write a short, warm reply to this client check-in in a direct coaching tone: [paste anonymised message]. Acknowledge one win, answer the question, and give one action for next week. Under 90 words.

7 Welcome message

MESSAGE

Write a welcome message for a new [online / hybrid] coaching client. Tone: [friendly, direct]. Cover what happens in week one, how to reach me, and what I need from them. Under 150 words.

8 Rewrite my check-in questions

MESSAGE

Rewrite these weekly check-in questions so they are shorter and easier to answer on a phone: [paste]. Keep the meaning. Group them by training, nutrition and recovery.

BEFORE A CLIENT SEES IT

Ten minute review checklist

Run this on every AI draft before a client sees it.

CLIENT

DATE

CHECKS 10	TIME 10 min	TICKED __ of 10
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☐ 1 Injuries and limits Nothing in the plan the client cannot do. The brief mentioned every limit.	☐ 2 Equipment Every exercise exists in the client's gym or home setup.
☐ 3 Weekly volume Hard sets per muscle group per week fit what the client can recover from.	☐ 4 Progression A real rule across the weeks, not the same numbers copied down.
☐ 5 Exercise choice No exercises the client dislikes. Names match your video library.	☐ 6 Recovery Rest days, session length and a deload for longer blocks.
☐ 7 Meal totals Add up the foods yourself. Trust the foods, not the stated total.	☐ 8 Allergies and diet rules Checked line by line: gluten, nuts, dairy and the client's own rules.
☐ 9 Tone Client messages sound like you, not a template.	☐ 10 Scope of practice Advice stays inside your qualification and local rules.

Notes

A checklist, not a guarantee of a safe plan: the coach stays responsible for the programme.