Scrhoz

# Eat Well, Move More Prompt Pack

**Prepared by Mia Bennett | Scrhoz**

*15 simple prompts for everyday eating and movement: a loose shop from what you already have, meals the whole family will eat, small habits for moving more, and a kinder way back after a missed day.*

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## How to Use This Pack

- Copy a prompt, paste it into any AI assistant (ChatGPT, Claude, Gemini or similar), and replace each [BRACKETED] part with your own details.
- The AI only needs the everyday details: what's in your cupboard, how your week looks, what you enjoy doing. Leave out medical records and anything you'd rather keep private.
- Start with one prompt that suits this week, and pick one small change. Give it more time than feels natural before you judge it.
- If an answer doesn't fit your life, tell the AI what's different and ask it to adjust. You know your days better than it does.

**Note:** These prompts are for everyday eating and ordinary fitness. They are not medical advice, and they leave out calorie counts, weight targets and macros on purpose. If you have a medical condition, a food allergy or a history of disordered eating, or you're new to exercise after a long break, check with your doctor before making changes, and stop if something hurts. They are not for training for a race or an event.

## Eat Well

### 1. A Shopping List From My Cupboard

> Here's what I already have in my cupboard, fridge and freezer: [LIST]. Suggest a short shopping list of the few extra items that would turn what I have into five easy meals, and name the meals. Keep it simple and inexpensive. No calorie counts, macros or medical advice.

*Tip: Check the back of the cupboard first. Most of us own more than we remember.*

### 2. Quick Meals From Leftovers

> Last night I had [LEFTOVER FOOD]. Suggest three quick ways to turn it into a different meal tomorrow, each taking under [20] minutes and using mostly what I already have. Say what I'd need to add. No calorie counts, macros or medical advice.

*Tip: Cook a little extra on purpose. Tomorrow's tired you will be glad of it.*

### 3. A Family Week

> Help me plan a week of dinners for [WHO'S EATING, E.G. TWO ADULTS, A FUSSY SEVEN-YEAR-OLD AND A TEENAGER WHO'S ALWAYS HUNGRY]. Suggest dinners where everyone eats mostly the same base meal and each person adds or leaves out a few things. Keep weeknight cooking under [30] minutes, and note where one batch can feed two nights. No calorie counts, macros or medical advice.

*Tip: Ask everyone to choose one dinner for the week. It saves a lot of "what's for tea?"*

### 4. Eating Out Without the Stress

> I'm eating out at [TYPE OF PLACE, E.G. A PUB / AN ITALIAN RESTAURANT / A WEDDING BUFFET] and I'd like a couple of easy defaults so I can enjoy it. Give me three simple things to look for on a menu, such as a source of protein, a vegetable side or something I'll really enjoy, and tell me what I can stop thinking about for the evening. No calorie counts, macros or medical advice.

*Tip: Decide your defaults before you sit down, and then enjoy the evening.*

### 5. Nail One Thing First

> I'd like to eat a bit better without a big overhaul. My usual day of eating looks like this, in plain words: [DESCRIBE]. Of protein, fibre and plants, help me choose the one easiest to add first, with three simple ways to add it to what I already eat. Don't ask me to cut anything out. No calorie counts, macros or medical advice.

*Tip: Pick the one that feels easiest. A small win makes the next one easier.*

### 6. Swap the Verdict for a Fact

> Here's something I've been telling myself about food: [A THOUGHT, E.G. "I blew it today"]. Help me swap the verdict for a plain fact, and suggest one next step for my next meal. Keep it kind, and don't suggest making up for it by eating less or exercising more. No calorie counts, macros or medical advice.

*Tip: If thoughts about food feel heavy or hard to shake, a doctor or a counsellor can help.*

### 7. Try the Short-Ingredient Test

> Here are three foods I buy without thinking, with their ingredient lists if I can find them: [LIST]. For each one, tell me in plain words whether the ingredient list is short and recognisable, and suggest one simple swap if it isn't. Don't judge me or the food. No calorie counts, macros or medical advice.

*Tip: Start with the things you buy on autopilot. That's where old habits hide longest.*

### 8. One Question for Any Food Trend

> I've heard that [FOOD TREND OR CLAIM]. Ask me what I'd like to know about it. Then help me test it with one question: does it contradict something basic I already know to be true, such as real food, enough protein and plants, and staying flexible? Tell me who gains if the claim is believed. Don't recommend any product or supplement. No calorie counts, macros or medical advice.

*Tip: If the person recommending it is also selling it, that tells you something.*

# Move More

### 9. My Weekly Movement Menu

> Help me build a pick-and-mix menu of everyday movement, strength, cardio and mobility for my week. My week looks like this: [DESCRIBE]. For each kind of movement, give me a smallest version for a rough day and a usual version for a better one. Keep it to ordinary fitness, and don't write a training plan. No sets, reps, heart-rate targets or medical advice.

*Tip: Choose one row to start with. The movement you already do counts, too.*

### 10. Ease Back In After a Break

> I haven't moved much for [HOW LONG, E.G. A COUPLE OF MONTHS / SINCE I HAD A COLD / SINCE THE BABY] and I'd like to ease back in. I used to [WHAT I USED TO DO], and these days I [CURRENT ACTIVITY]. Suggest a gentle first fortnight that starts smaller than feels necessary, and tell me how to know when it's time to add a little more. Remind me to check with my doctor if I have a health condition or have been unwell. No sets, reps, heart-rate targets or medical advice.

*Tip: Start smaller than feels necessary. You can always add more next week.*

### 11. Five-Minute Desk Breaks

> I sit for most of my day at [A DESK / A COUNTER / A DRIVER'S SEAT]. Suggest five movement breaks, each under five minutes, that I can do where I am without special clothes or equipment, and a simple way to remember to do one, such as tying it to something I already do. No sets, reps, heart-rate targets or medical advice.

*Tip: Pair it with something that already happens, like the kettle boiling or a call ending.*

### 12. Find the Friction

> I keep skipping [THE MOVEMENT I WANT TO DO]. What usually happens: [DESCRIBE]. Ask me questions, one at a time, to find which of four things is costing me the sessions: it's too far away, it needs a fresh decision every day, it needs gear to organise, or the plan is too rigid. Then suggest one small fix for the one that fits. No sets, reps, heart-rate targets or medical advice.

*Tip: It's rarely motivation. It's usually one practical thing in the way.*

### 13. A Short Version for a Rough Day

> On days when I'm tired, busy or low, I skip moving altogether. Here's my usual routine: [DESCRIBE]. Design a smallest version of it that takes about [5 TO 10] minutes, and give me a simple rule for when to use it and when to go back to the usual one. No sets, reps, heart-rate targets or medical advice.

*Tip: On a hard day, five minutes still counts.*

### 14. When I Miss a Session

> I missed [A SESSION / A WEEK] of movement because [REASON]. Help me get back without trying to make up for it. Suggest how to return to the next planned session exactly as scheduled, one kind sentence to say to myself, and one small thing that would make the coming week easier. Don't suggest doubling up. No sets, reps, heart-rate targets or medical advice.

*Tip: A missed session costs what it cost, and nothing more.*

### 15. Where Should I Start?

> I'd like to add more movement to my life. I have about [TIME] a week, I enjoy [ACTIVITIES, OR "NOT SURE"], and I mostly get around by [WALKING / CAR / BIKE / PUBLIC TRANSPORT]. Ask me three questions, then suggest one thing to start with and one thing to leave for later. Remind me to notice the movement I already do. No sets, reps, heart-rate targets or medical advice.

*Tip: Notice the movement you already do. It counts before you add anything.*

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Where to go next, and more from Mia Bennett:

- Everyday Wellness Prompt Pack (15 prompts)
- The 80/20 Kitchen Card (free)
- The 80/20 Movement Menu (free)
- The 80/20 Guide to Eating Well
- The 80/20 Guide to Moving More

More from Mia Bennett

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