

THE FITNESS COACH'S AI WORK PLANNER

Copy, swap the [brackets], paste.
50 ready prompts · new ones added monthly.

wiasoom.com/owner-planner

Get Clients

01. Trial-session promo

Write promo copy for a trial PT session (or class) at my [STUDIO/STYLE]. Audience [TARGET], offer [OFFER], appealing even to people nervous about starting.

02. Instagram promo

Write an Instagram post promoting my [STYLE] class. Motivating tone, a few emojis, 10 local hashtags.

03. Before/after caption

Write an Instagram caption for a client before/after — authentic, no hype, privacy-respecting.

04. Renewal text

Write a renewal-reminder text for a client whose membership is ending. Note their progress, no pressure.

05. Intake consult script

Write a consult script that asks a first-timer about their goals and recommends my program.

06. Plan an event

Plan 5 studio events to drive new sign-ups, cheapest to run first.

07. Flyer / banner lines

Write 5 eye-catching banner lines for [STYLE/EVENT], under 8 words each.

08. Channel announcement

Write a clickable [NEWS/EVENT] alert for my channel members, under 120 words.

09. Hooks by audience

Write 3 one-line hooks each for [beginners / fat loss / rehab] audiences.

Programming & Coaching

10. Build a routine

Build a [N]x-per-week routine for [CLIENT GOAL] in beginner, intermediate, and advanced versions. (Assume I'll confirm individual readiness.)

11. Body-part program

Give 5 exercises plus sets/ reps to strengthen [AREA], written so a beginner can follow.

12. Coaching cues

Write 5 short, clear coaching cues for the [EXERCISE] movement.

13. Scale it

Give an easier and a harder version of this exercise. Exercise: [PASTE]

14. Home workout

Build a no-equipment home routine for [GOAL] for days a client can't make it in.

15. Stretch & recovery

Lay out a stretching/recovery routine for [AREA/SITUATION] in order.

16. Explain the program

Explain in plain words why this program works so a client understands it. Program: [PASTE]

17. Workout-log template

Make a workout-log template a client can fill in themselves, with an example.

Nutrition & Lifestyle

18. Meal guide

Build a sample day of meals for [fat loss / muscle gain]. (Assume the client confirms allergies/conditions.)

19. Eating-out guide

Give a menu-choice guide to stay on goal during [dining out / delivery].

20. Motivation message

Write a warm-but-firm motivation message for a client about to quit.

21. Habit coaching

Give 5 small daily habits for [GOAL], easiest first.

22. Plateau advice

Give advice and check-points for a client stuck at a weight/strength plateau.

23. Sleep & recovery

Write client-friendly sleep and recovery tips that improve results.

24. Weekly challenge

Design a one-week movement/lifestyle challenge to boost engagement.

25. Client FAQ

List 10 workout/nutrition questions [GOAL] clients ask most, with credible answers.

Client Care & Comms

26. Consult notes

Organize consult notes into goals, cautions, and program direction. Notes: [PASTE]

27. No-show reminder

Write a polite session-confirmation text that cuts no-shows, no pressure.

28. Win-back text

Write a low-pressure check-in + return text for a client who's been away.

29. Progress feedback

Write a message highlighting a client's month of change to keep them motivated. Log: [PASTE]

30. Handle a complaint

Write a credible reply to a client unhappy about [SITUATION].

31. Renewal chat

Write a no-pressure consult that proposes the next goal to a client unsure about renewing.

32. Ask for a review

Write a courteous message asking a happy client for a review.

33. Birthday message

Write a warm message for a client's birthday or membership anniversary.

Social Content

34. Workout Reel script

Write a 30-second Reel script for [EXERCISE/TOPIC]: a 1-second hook, captions per move, a closing follow CTA.

35. Myth-buster cards

Write 5 card-by-card copy that corrects a common [workout myth].

36. Scroll-stopping hooks

Give me 10 scroll-stopping opening lines for a post about [TOPIC], in a trainer voice.

37. Caption + hashtags

Write 3 Instagram captions for [WORKOUT/TOPIC] plus 15 hashtags, popular and niche.

38. A week of content

Plan a week (7 posts) of social content for a [STYLE] trainer, one per day.

39. Bust a myth

Write a post that corrects a common workout/diet myth [TOPIC] with the reasoning.

40. Turn a review into a post

Turn this client review into authentic social-post copy. Review: [PASTE]

41. Demo filming tips

Give camera-angle and caption tips to film a clean [EXERCISE] demo.

Grow Your Business

42. Design a class

Design a new group class/program for [TARGET]: format, differentiator, and pricing.

43. Pricing & packages

Design PT/membership pricing and packages for [STYLE] that feel worth it.

44. Stand out

Compare me to nearby [COMPETITOR] on [CRITERIA] and find my differentiator.

45. Bio lines

Write 3 trustworthy trainer-bio versions for my profile, each with impact.

46. Client survey

Write 5 satisfaction-survey questions to improve my classes and service.

47. Study plan

Build a 3-month professional-growth plan for me as a [STYLE] trainer.

48. Beat burnout

Give me 5 questions to reset when both my clients and I are drained, plus 3 small things to do today.

49. 30-day plan

Break the goal '[GOAL]' into weekly tasks and pick the #1 task for week 1.

50. Year-at-a-glance

Map this year's studio/trainer goals across four quarters, one key focus per quarter.