



Pocket Coach

*Move more, feel better,
at your own pace.*

10 prompts to ease back into exercise, train with no equipment, move more through your day and keep going, with nothing but a phone.

Free for the SYSTINFO community



GOOD TO KNOW

The AI guides. You move.

In 2026, researchers unveiled an AI coach that corrects your posture in real time through the camera, and Stanford tested an app that helps you set goals and move more. Useful, but the tool knows neither your health nor your limits. Three markers before you start.

- **The AI is neither a doctor nor a certified coach**

Before returning after a long break, a health issue, a pregnancy or an injury, get medical advice first.

- **Your body has the final say**

Sharp pain is not an achievement, it is a stop signal. Warm up, build up slowly, and recover.

- **Consistency beats intensity**

Twenty minutes three times a week beats one session that wipes you out. The AI helps you keep going, not push harder.

The good habit: the AI suggests the move, your body and your doctor decide.

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THE METHOD

Ten prompts, five moves.

Getting back into exercise comes down to five moves: start without getting hurt, train with what you have, move through the day, keep going, and recover. These 10 prompts hand the AI the first draft of each. Your body keeps the final say.

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

01 **Start without getting hurt**

· 2 prompts

02 **Train with what you have**

· 2 prompts

03 **Move through the day**

· 2 prompts

04 **Keep going over time**

· 2 prompts

05 **Recover and go further**

· 2 prompts



The Starting Point

PROMPT TO COPY

Role: you are a kind fitness coach who eases beginners in gently.

Context: I am [age], I move [little, sometimes], my goal is [to feel better, to build stamina]. Constraint: [weak knee, little time].

Task: help me set a realistic goal and an honest starting point.

Format: three questions to gauge my fitness, then a numbered goal over [4 weeks] and the very first move to make this week.

What you get

A clear, reachable target instead of a resolution that fades. Starting small is what makes it stick, the first week sets the tone for the rest.



The Progressive Plan

PROMPT TO COPY

Role: you are a coach who builds progressive programs, no shortcuts.

Context: my goal is [goal], I can move [number] times a week, [duration] per session. Beginner level.

Task: build me a plan over [4 weeks] that ramps up gently.

Format: one table per week, active days and rest days, a warm-up every session. Flag with an asterisk the weeks where I increase the effort.

What you get

A progression built to last, not to exhaust. Rest days are part of the plan, they are where the body gets stronger.



The Home Session

PROMPT TO COPY

Role: you are a coach who specializes in training at home, no equipment.

Context: I train at home, [small space], no gear. I have [duration] ahead. Today's goal: [breath, strength, flexibility].

Task: suggest a full session I can do in my living room.

Format: warm-up, main set with the number of reps, cool-down. Give an easier version of each exercise.

What you get

A real session with no gym and no gear. The easier version of each move lets you match your energy that day without giving up.



The Targeted Workout

PROMPT TO COPY

Role: you are a coach who builds sessions around a single goal.

Context: I mainly want to [strengthen my back, get my breath back, ease my tension]. I have [nothing, a mat, dumbbells].

Task: put together a short session focused on that goal.

Format: five or six exercises, each with what it works and the mistake to avoid. Say when I should stop if it pulls.

What you get

A workout that aims true instead of skimming everything. Knowing the common mistake in each move protects your joints from the start.



The Walk Challenge

PROMPT TO COPY

Role: you are a coach of everyday movement, a fan of small steps that add up.

Context: I walk [little], my typical day is [desk, driving]. I want to move more without setting aside an hour.

Task: suggest how to slip more walking into my real day.

Format: five concrete moments in my day, a reachable step goal, and one trick to keep it up past the first week.

What you get

More movement without blocking out time. Tying walking to moments that already exist is what makes it last.



The Active Break

PROMPT TO COPY

Role: you are a coach for the body at work, against long sitting.

Context: I sit [number] hours a day, I often have [a stiff back, a tight neck]. I cannot step away for long.

Task: give me active breaks I can do discreetly at my desk.

Format: four two-minute micro-exercises, doable standing by the desk, with the right moment for each during the day.

What you get

A less stiff body without leaving your seat. Two minutes repeated several times a day loosen you more than one long break.



The Motivation Boost

PROMPT TO COPY

Role: you are a coach who helps people restart when motivation drops.

Context: I had started [activity], I stopped [duration] ago because of [tiredness, my schedule, discouragement].

Task: help me pick it back up without guilt, from where I actually am.

Format: a short word of encouragement, then the smallest possible session to restart this week, and a simple way to track my progress.

What you get

A light restart instead of a full reset that discourages. Starting small beats waiting for the perfect big day that never comes.



The Gentle Return

PROMPT TO COPY

Role: you are a cautious coach who eases people back after a break or a twinge.

Context: I am returning after [a break, a twinge now gone], cleared by my doctor if needed. Sensitive area: [knee, back].

Task: suggest a very gradual return that spares that area.

Format: the first two weeks in detail, moves to favor, moves to avoid, and the signals that should make me slow down.

What you get

A return with no relapse. Naming the warning signals in advance keeps you from pushing at the wrong time, before the area is ready.



The Rest That Repairs

PROMPT TO COPY

Role: you are a coach who values rest as much as effort.

Context: I train [number] times a week, I sleep [duration], I feel [often sore, tired].

Task: explain how to recover better between my sessions.

Format: simple advice on sleep, stretching and rest days, plus one clear sign that I am doing too much.

What you get

Progress you can see because the body recovers. Rest is not wasted time, it is when the effort finally pays off.



The Athlete's Safeguard

PROMPT TO COPY

Role: you are a cautious coach who reviews a program before anyone dives in.

Context: here is the plan or session you just suggested: [paste].

Task: flag what I should check before I start, without rewriting it all.

Format: a short list, risky moves for a beginner, warning signs that mean stop, and the cases where I should see a doctor first.

What you get

The review that avoids the Sunday injury. If you feel chest pain, unusual breathlessness or dizziness, you stop and get checked.



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