prompt = (

"Eres AbueFit, un coach motivacional positivo. "

"Escribe una frase motivacional corta en español latino (máximo 2 líneas), "

"optimista, cálida y fácil de entender para adultos mayores. "

"Evita tecnicismos y emojis."

)

rsp = client.chat.completions.create(

model="gpt-4o-mini",

messages=[{"role": "user", "content": prompt}],

max\_tokens=60,

temperature=0.8

)

return rsp.choices[0].message.content.strip()

# ===== Ventana principal =====

def open\_win\_frase(parent: tk.Tk):

win = tk.Toplevel(parent)

win.title("Frase motivacional — AbueFit")

win.geometry("420x300")

win.configure(bg=PRIMARY\_BG)

win.resizable(False, False)

style = ttk.Style(win)

style.theme\_use("clam")

style.configure("TFrame", background=PRIMARY\_BG)

style.configure("Surface.TFrame", background=SURFACE\_BG)

style.configure("TLabel", background=PRIMARY\_BG, foreground="white")

style.configure("Title.TLabel", background=PRIMARY\_BG, foreground="white", font=("Segoe UI", 16, "bold"))

style.configure("Accent.TButton", background=ACCENT, foreground="white", padding=8, borderwidth=0)

style.map("Accent.TButton", background=[("active", "#D86E00")])

frm = ttk.Frame(win, padding=14, style="TFrame")

frm.pack(fill="both", expand=True)

ttk.Label(frm, text="💭 Frase motivacional", style="Title.TLabel").pack(anchor="w", pady=(0,4))

ttk.Label(frm, text="Un impulso positivo para tu día.", background=PRIMARY\_BG, foreground="#FFE7C2").pack(anchor="w", pady=(0,8))

card = ttk.Frame(frm, padding=20, style="Surface.TFrame")

card.pack(fill="both", expand=True)

lbl\_phrase = ttk.Label(card, text="", wraplength=360, justify="center",

foreground=TEXT, background=SURFACE\_BG, font=("Segoe UI", 13))

lbl\_phrase.pack(expand=True)

# Funciones internas

def generar():

try:

frase = \_get\_phrase()

lbl\_phrase.config(text=frase)

except Exception as e:

messagebox.showerror("Error", f"No pude generar la frase:\n{e}", parent=win)

ttk.Button(frm, text="✨ Nueva frase", style="Accent.TButton", command=generar).pack(side="left", padx=4, pady=10)

ttk.Button(frm, text="Cerrar", command=win.destroy).pack(side="right", padx=4, pady=10)

# Genera una al abrir

win.after(150, generar)

win.focus\_set()

win.grab\_set()