

# Prompts for Workout and Meal Plans

1. "Give me a good workout plan."
2. "Give me a good workout plan, but keep in mind I am bulky already, and have some muscles. I need to lose fat and still maintain my muscles. Also include a meal plan for my goals."
3. "Act as a professional bodybuilder trainer like Arnold Schwarzenegger and give me a meal plan and training schedule with different kinds of exercises for burning fat but at the same time gain muscle. Keep in mind I'm not a beginner lifter, I'm 5'8 and weigh 210lb most of it muscle. The goal is to keep the muscles but lose the fat. Can you help me?"
4. "Great, please include how heavy I should lift as well as rest days."
5. "Include exercises to give me solid abs too."

# Prompts for Creating Digital Ebooks (children's books)

1. Give me 10 children's book ideas that are very popular and sell.
2. Please use idea number 7 and give me a target audience for the book.
3. Please create a detailed book outline for title number 7.
4. Please add a little description for each chapter.
5. Design a memorable main character for this book. Describe their appearance, personality traits, and any special abilities or quirks that make them unique.
6. Rewrite the full outline again including this new information about our new memorable character.
7. Is this outline complete? Is there anything else you can add to make the story even better?
8. Great! Thank you! Please incorporate these new elements into the outline for this story.
9. Write the opening chapter. Introduce the main character, set the scene, and establish the central conflict or goal of the story. Please follow the outline above created.
10. Please make sure not to use big words since this is a children's book.
11. Okay, now we are ready to write the entire story following the latest revised outline and all the elements we have added. Make sure to incorporate dialogue between the characters and make the story flow and exciting. Make sure that it is not too long.
12. Please rewrite the story and add the missing elements you mentioned above.
13. Please rewrite this story, and divide it into respective chapters.
14. List the best-known digital publishing platforms for children's books. Select the platform that aligns with the audience of this book. Also, make sure to prepare this book for publishing on that platform.
15. Give me online tools to better design a nice cover for this book.
16. Please give the entire list of all the prompts I used in this chat.

# Prompts for Classical Guitar Mastery (Rapid Skills Acquisition)

1. Please give 5 main techniques I need to learn to be good at classical guitar playing and music reading.
2. Can you give me a detailed prompt I can use to guide me in learning how to master classical guitar and reading music.
3. Can you give me a list of good prompting techniques to ask ChatGPT about how to learn classical guitar and reading music.
4. As a beginner, what would be an ideal practice routine or schedule to gradually improve my classical guitar playing and music reading skills?
5. Can you list a full monthly schedule for the above practice routine? Please include other learning resources I may need.
6. I would like to emphasize learning how to read music for the classical guitar. Please act as a pro classical guitar teacher, who is very good at teaching beginners classical guitar and reading music, and write a full tutorial I can follow on my own to become very good at reading classical guitar music as well as playing fluently.
7. As a beginner, I am having a hard time understanding music notation, reading music. Can you provide a step-by-step guide, as an expert classical guitar music teacher, how to become proficient at reading music quickly?
8. Is there anything else you'd like to add that can help me?

# Prompts for Code Generation and SaaS Product Creation

1. Write a basic Javascript code that counts to 10.
2. Please explain what this "console.log(i);" means.
3. Please write the tic tac toe in Python.
4. How would this game look like if run in a Python environment?
5. How to run this game on my computer. Please be very detailed in your response.
6. I am getting an error on line 4 of this code.
7. Yes, having the same issues. This is the error I am getting "File "tic-tac-toe.py", line 4 print("|", end="") ^ SyntaxError: invalid syntax"
8. Please write a Java method that creates good, encrypted passwords.
9. Did you miss anything to make this code better?
10. Great. Please incorporate these new points into the function.
11. How would I test this code on my computer?
12. Please write a review about this course by Paulo Dichone, make sure to say how much I am learning about ChatGPT.
13. Write the HTML and CSS code for a simple, modern one-page portfolio page.
14. Is this all that we need to make this page stand out? What improvements can we make?
15. Can you please incorporate some of these improvements to the page code?
16. How do I test to see how this would look like?
17. Write a JavaScript function that displays the current weather in all major cities worldwide.
18. Please make sure to also include the highs and lows as well as the winds.
19. Please make the units be imperial and not metric.

20. Please write a SaaS application that will serve school teachers who want to be extremely productive and impactful to their students and school.
21. Give me 10 most popular yet underserved ideas for a SaaS product.
22. Can you expand on number 6? (Referring to the SaaS product for school teachers)
23. What does SaaS mean?
24. List all the steps needed to start building a prototype for this SaaS Product. Include the best programming languages and tools needed to get the job done quickly.
25. Can you write the code needed for the prototype, mainly the front-end side of this product?

# Chrome Extension (Block Distracting Websites)

1. Please write a Chrome extension application that will block all distracting websites.
2. How would I test this to see if it works? Please give me all the details to do so.
3. Make sure this actually works with the recent Chrome extension development updates.
4. What else can you add to improve this code? Can you list improvements to make to this chrome so that is even better?
5. Great! Please implement a few of these features - make sure to include the best improvements suggested above
6. Any other improvements to the code?

Here's a power prompt for getting more ideas for Chrome extensions:

1. List the best, unique ideas for chrome extensions that are super useful for [ niche/profession/activity ]