Topic: Health user stories and prompts

[Task] Give me a step-by-step guide to…

---------Suggestion/Task 1------------------ LOSE WEIGHT

[Context 1] My name Marie and I am a 40-year-old woman. I have an associate’s degree in business administration and I make $45,000 a year. I live in Dallas, Texas where I work 40 hours a week at a desk where I answer calls and emails. Usually, I sit 2 to 3 hours a day without getting up. I don’t have enough time to eat lunch. If I do, I usually work as well. Recently, my doctor told me that I am overweight, which causes inflammation and adds pressure to my joints. I don’t know how to work out, but I want to learn. I can’t afford a gym membership or any fancy equipment. I want to lose 100 pounds and maintain my new weight in a sustainable way.

[Exempler 1] Make each step specific and I should be able to complete workouts at home without equipment. Include free physical activities that will help me reach a daily goal of 10,000 steps. There should also be milestone dates to make sure that I stay on track. For each step, give me a motivational affirmation or quote to remind me why I am starting this journey.

[Persona 1] Act as a personal trainer who is also a registered dietitian that takes a functional medicine approach to weight loss and weight management. You want to work with me and help me achieve my goals.

---------Suggestion/Task 2------------------ COOK A MEAL

[Context 2]

[Exempler 2]

[Persona 2] Act as a nutritionist…

---------Suggestion/Task 3------------------ SLEEP HYGEINE

[Context 3]

[Exempler 3]

[Persona 3] Act as a sleep specialist…

[Format] Numbered bullets for each step

[Tone] Use empathetic language.

**As a user** who sits at a desk all day, I need a personal trainer/registered dietitian, so that I can lose weight.

**As a user** who loves food but has many food sensitivities, I need a nutritionist/chef, so that I can learn to cook meals that won’t trigger symptoms.

**As a user** who doesn’t sleep more than 4 hours a day, I need a sleep specialist, so that I can have better sleep hygeine