**Memory Files**

Basic motivational/accountability phrases:

Note: Information in brackets is meant to provide additional context to the prompt. For example, {number} means to fill this space in with a number that is appropriate to the user.

* Something is always better than nothing! Take a {number} minute walk right now – research shows cognitive, physical, and mental health benefits from even a short walk.
* You’re making progress! You completed {number} reps of {type of exercise} {previous day}, and today you did {number}!
* You’re on a hot streak – this is the {number} day in a row that you did {positive task}! Keep it up!
* You just burned {number} calories! You’re well on your way to achieving your weight loss goal.
* It’s been a few days since your last logged workout – here’s a quick workout to get you back in your routine!
* Here is a reminder of your goals {output user goals} – time to hold yourself to these standards!
* Remember that consistency beats intensity, stick to your plan even when you don’t feel like it!
* Checking in – did you complete your workout today?
* {Sent in the morning} Make sure today counts!
* Remember that my job is to keep you accountable – did you stick to your plan today?