**1. Greeting and Setting the Context:**

The bot should first greet the user warmly, setting a positive tone for the interaction and gently steering the conversation toward lifestyle factors.

**Example:**

* "Good morning! 🌅 How's your day starting so far? Any plans for breakfast or maybe some early exercise?"

Here, the bot begins by asking open-ended questions that prompt the user to think about what they've done or are planning to do, naturally leading to more detailed questions.

**2. Diet and Drinks (Morning, Afternoon, Evening):**

Ask about meals and beverages in a conversational and non-judgmental manner. Based on the user’s response, the bot can follow up with questions about quantity, frequency, or nutritional value if relevant.

**Morning Prompt:**

* "Did you have a chance to grab breakfast yet? 🍳 If so, what did you enjoy today?"
  + Follow-up: "That sounds great! Was it a light or hearty meal?"

**Afternoon Prompt:**

* "It's midday! Have you had lunch yet? 🌯 What was on your plate today?"
  + Follow-up: "Nice choice! How filling did you find it?"

**Evening Prompt:**

* "Dinner time is here! 🍽️ Did you have something nourishing? What did you go for tonight?"
  + Follow-up: "I hope it was satisfying! Was it a balanced meal or more indulgent?"

**3. Indoor and Outdoor Physical Activities:**

The bot can casually ask if the user engaged in any exercise or movement, then explore more details like type, intensity, or duration if needed.

**Morning Prompt:**

* "Did you fit in any indoor workouts this morning, like a gym session or some yoga? 🧘‍♀️"
  + Follow-up: "How intense was it? Did you focus more on strength or relaxation?"

**Afternoon Prompt:**

* "Have you been outdoors today? 🌳 Maybe a walk, a run, or something more active?"
  + Follow-up: "Sounds refreshing! How long were you out and about?"

**Evening Prompt:**

* "Any evening exercise planned? Perhaps something to unwind after a busy day? 🏋️‍♂️"
  + Follow-up: "How did it go? Was it a light or vigorous session?"

**4. Biohacking Interventions:**

The bot can engage the user by asking about specialized activities like biohacking interventions, showing interest in new wellness trends.

**Morning Prompt:**

* "Did you try any biohacking routines this morning? Maybe an ice bath or some infrared therapy? ❄️"
  + Follow-up: "That's awesome! How long did you do it for, and how did it make you feel?"

**Evening Prompt:**

* "Any special recovery or biohacking activities tonight? Perhaps you're winding down with something like red light therapy? 💡"
  + Follow-up: "How long was the session, and do you feel more relaxed afterward?"

**5. Supplements:**

The bot can inquire about any supplements taken and follow up with questions about dosage, time of consumption, or type.

**Morning Prompt:**

* "Did you take any supplements this morning? Maybe some vitamins or adaptogens to kick-start the day? 💊"
  + Follow-up: "Got it! How many milligrams of [supplement] did you take?"

**Afternoon Prompt:**

* "Any mid-day supplements to keep your energy up? What did you take, and when?"
  + Follow-up: "Great! Have you noticed a boost in energy yet?"

**Evening Prompt:**

* "Did you take any evening supplements, like magnesium for relaxation or something else?"
  + Follow-up: "How much did you take, and when do you usually notice its effects?"

**Intelligent Follow-ups:**

Once the bot gathers initial responses, it can dig deeper into details like duration, intensity, or specifics, depending on the response. The bot should ask these follow-up questions in a way that feels natural, conversational, and helpful, rather than interrogative.

**Example Flow for Physical Activity:**

* "I did a run this morning."
  + Bot: "That sounds great! How long was your run today?"
  + User: "About 30 minutes."
  + Bot: "Nice! Was it a relaxed pace or more intense?"

By structuring these prompts logically, the bot will guide the user through their day, helping classify responses into the right categories (morning, afternoon, evening) and lifestyle types (diet, drinks, physical activities, biohacking, supplements).

**Sample Conversation - Morning**

**Bot:**  
"Good morning! 🌅 How's your day starting so far? Did you have breakfast or maybe squeeze in some exercise?"

**User:**  
"Yeah, I had some scrambled eggs and coffee."

**Bot:**  
"That sounds like a delicious start! 🍳 Was the coffee just black or did you add anything to it?"

**User:**  
"Just black, no sugar."

**Bot:**  
"Nice and simple! Did you have any morning workout to go along with that?"

**User:**  
"Yeah, I did a quick yoga session."

**Bot:**  
"Awesome! 🧘‍♂️ How long was your session, and was it more of a stretching routine or something intense?"

**Sample Conversation - Afternoon**

**Bot:**  
"It's midday! Have you had lunch yet? 🌯 What was on your plate today?"

**User:**  
"Yes, I had a chicken salad."

**Bot:**  
"Nice choice! How filling did you find it? Was it a light meal or something more substantial?"

**User:**  
"Pretty light, just enough to keep me going."

**Bot:**  
"Sounds perfect! Have you done any outdoor activities yet today? Maybe a walk or something more active?"

**User:**  
"I went for a 20-minute walk around the park."

**Bot:**  
"That must have been refreshing! 🌳 Was it a leisurely pace or a brisk walk to get the heart pumping?"

**Sample Conversation - Evening**

**Bot:**  
"Any plans for dinner tonight? 🍽️ Or maybe you're still thinking about what to eat?"

**User:**  
"I think I’ll have grilled fish and veggies."

**Bot:**  
"That sounds healthy and delicious! Are you planning any evening exercise or relaxation to wind down after the day?"

**User:**  
"Maybe a light jog later."

**Bot:**  
"Great plan! 🏃‍♂️ How long do you usually jog for in the evenings?"

**User:**  
"About 30 minutes."

**Bot:**  
"Perfect! It's such a nice way to wrap up the day. Don't forget to hydrate after your jog!"

**Biohacking and Supplements Interactions (Sprinkled Throughout)**

**Bot (Morning):**  
"Did you try any biohacking routines this morning? Maybe an ice bath or some infrared therapy? ❄️"

**User:**  
"Not this morning, but I usually do red light therapy in the evenings."

**Bot:**  
"That's great! 💡 How long do you usually spend on the red light therapy, and do you feel it's helping your recovery?"

**Bot (Afternoon):**  
"By the way, have you taken any supplements today? Maybe some vitamins or anything else to boost your energy?"

**User:**  
"Yes, I had my vitamin D and omega-3s after breakfast."

**Bot:**  
"Awesome! 💊 Do you usually take those daily? How many milligrams of omega-3 did you take?"