

PROMPT 2: Creating The Supplementary Chapters

This prompt will generate the supplementary chapters of your challenge.

1. Start With "PROMPT 2: Creating The Supplementary Chapters"

Copy the prompt to your clipboard and head over to the same A.I. tool you generated the days of the challenge in. You want to generate these supplementary chapters in the same window you generated the challenge content in because AI will already be trained about your product from generating that content. You want that training to carry over to this content.

PROMPT 2: Creating The Supplementary Chapters

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Now we're going to create the supplementary chapters for the challenge you just created. It's important that you tailor this content to the topic of the challenge and use the same tone that was supplied to you in the challenge instructions.

After each chapter you will stop and ask me if I accept the content or if I want to modify it. If I accept you will move on to the next chapter.

Here's what it will look like:

*You'll write the "Introduction Chapter" and stop to ask if I accept the content or if I want to modify

*Once I accept or change that chapter you'll move on to write the "Optimized Nutrition Chapter" and stop to ask if I accept the content or if I want to modify

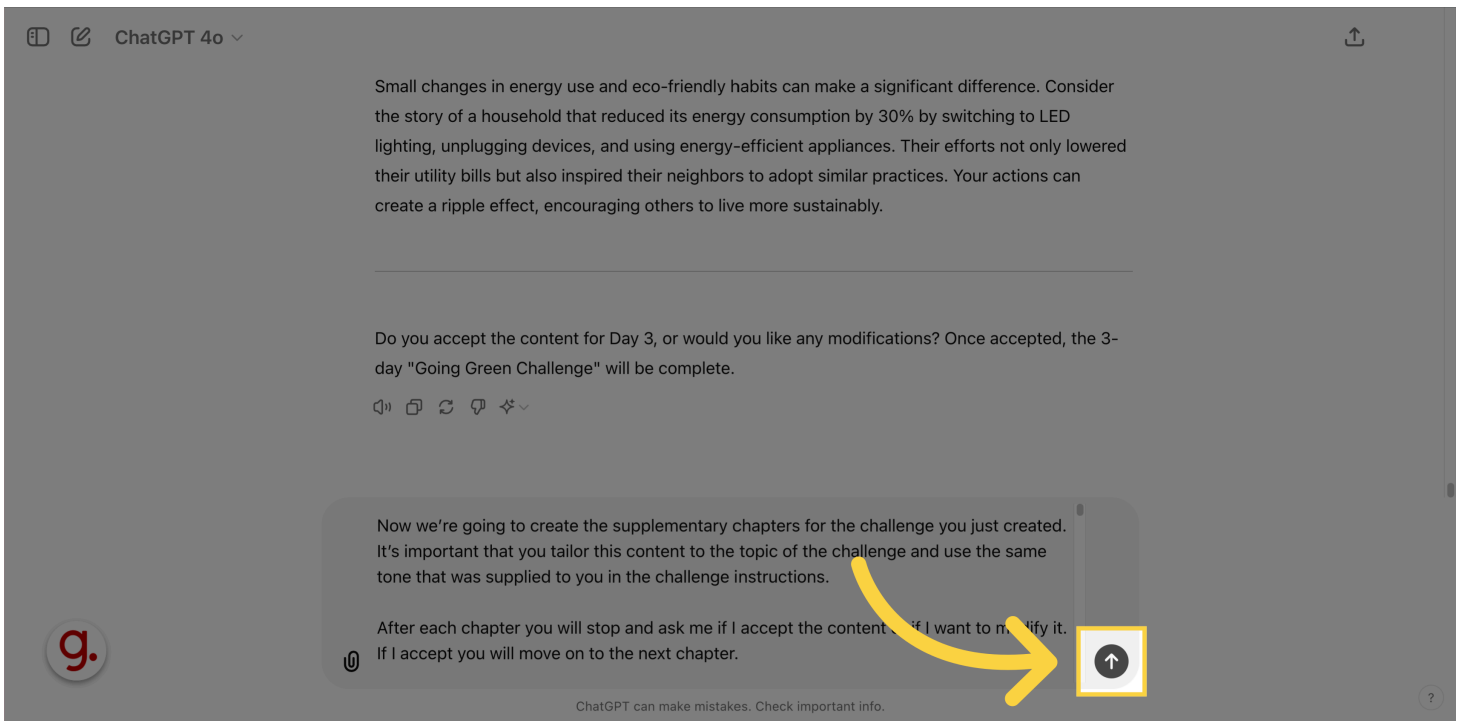
*We'll continue like that until all the chapters are written.

Here's are some guidelines I want you to follow that will help you write the best possible content:

<GUIDELINES>
* Follow the instructions for each chapter and make sure you don't contradict anything you wrote above in the Challenge.
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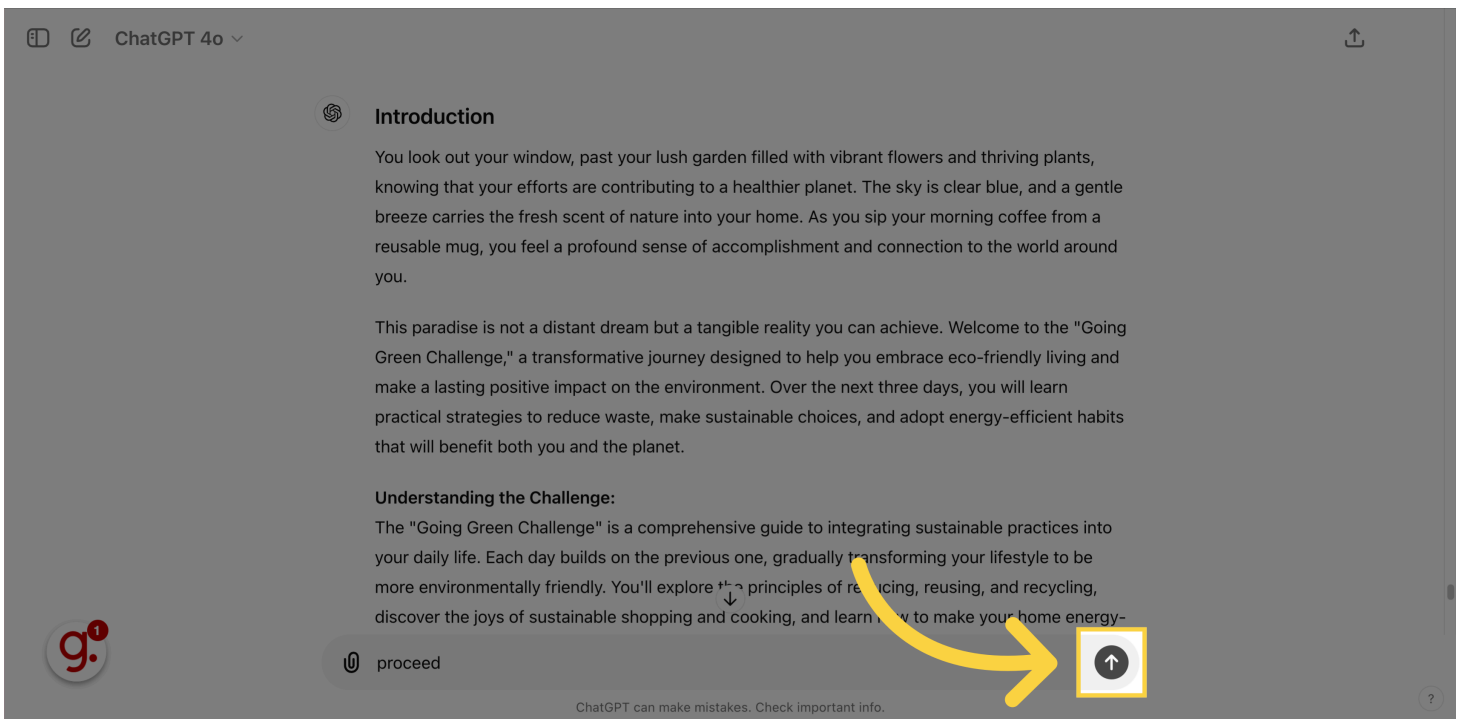
2. Run The Prompt

Paste the prompt into the AI message field and run it.



3. Introduction Chapter

The first chapter the prompt creates in the Introduction chapter which gives the reader an overview of the challenge.



4. You Can Modify All The Content My Prompts Create

After each section of content you'll be given the option to modify the content. You can do that by telling AI what you want changed. AI will then rewrite the section with your changes applied. When you're happy with the content type "proceed" to move on to the next section.

7/3/24, 1:44 PM

about:blank

challenge brings you closer to a healthier planet and a more fulfilling lifestyle. Embrace the opportunity to make a difference, and let the journey to greener living inspire you to take action today.

Do you accept the content for the Introduction chapter, or would you like any modifications? Once accepted, I'll proceed with the Optimized Nutrition chapter.

proceed

5. Optimized Nutrition Chapter

This chapter provides your customers with an optimized nutrition plan tailored to the challenge.

Optimized Nutrition

To perform your best during the "Going Green Challenge," it's important to fuel your body with the right nutrients. Optimized nutrition will not only enhance your energy levels and overall well-being but also support your commitment to sustainable living. In this chapter, we'll explore foods and supplements tailored to help you achieve the goals of the challenge.

Optimized Nutrition for the Going Green Challenge

Food

1. Fresh, Local Produce:

Eating fresh, locally sourced produce is one of the best ways to support your health and the environment. Local produce is often more nutrient-dense since it doesn't require long transportation times, reducing its carbon footprint.

- **Benefits:** High in vitamins, minerals, and antioxidants that boost your immune system and overall health.
- **Suggestions:** Visit local farmers' markets to find seasonal fruits and vegetables. Incorporate a variety of colorful produce into your meals to ensure a broad spectrum of nutrients.

2. Plant-based Proteins:

Plant-based proteins, such as beans, lentils, and nuts, are not only healthy but also have a lower environmental impact compared to animal-based proteins.

- **Benefits:** Rich in fiber, essential amino acids, and healthy fats that support heart health and digestion.
- **Suggestions:** Add beans or lentils to salads and soups, snack on nuts and seeds, and explore recipes for plant-based meals.

3. Whole Grains:

Whole grains like quinoa, brown rice, and oats provide sustained energy and are often more environmentally friendly than processed grains.

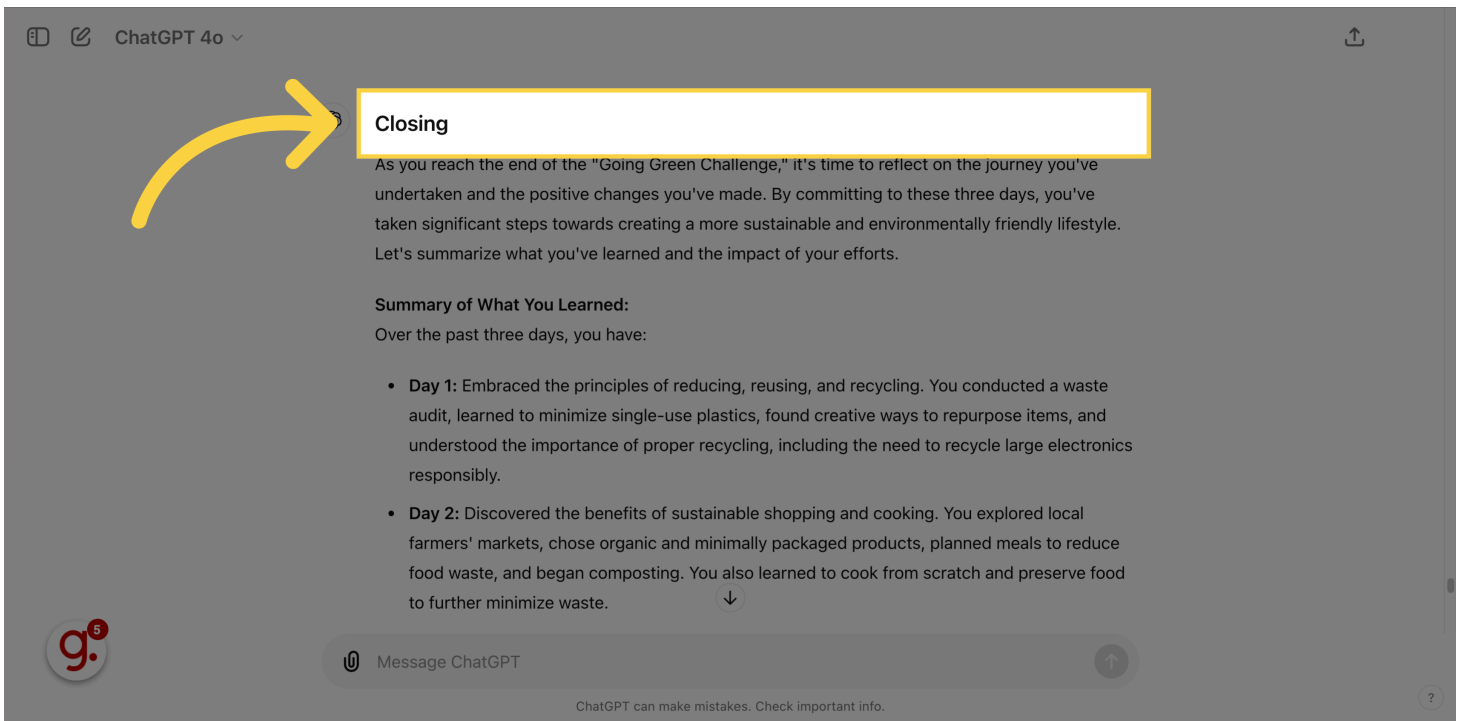
- **Benefits:** Packed with fiber, vitamins, and minerals that aid in digestion and keep you feeling

Message ChatGPT

ChatGPT can make mistakes. Check important info.

6. Closing Chapter

This is the last chapter. Here you'll wrap everything up and leave the reader with some inspiring words.



7. How To Structure The Content You Just Created

Now you've got all the content for your finished challenge info-product. Next you'll move everything you've created with the two prompts into a Word doc like MS Word or Google Docs. The days of the challenge was created with the first prompt. Everything else was generated with the second, supplementary chapter prompt. Structure the content in the following order:

How To Structure The Content Of Your Challenge:

Once you've generated all your content using those 2 prompts you should structure the content in the following order:

1. Introduction Chapter (*created by PROMPT 2*)
2. Optimized Nutrition Chapter (*created by PROMPT 2*)
3. The Days Of Your Challenge (*created by PROMPT 1*)
4. Closing Chapter (*created by PROMPT 2*)

You now have all the content you need to create a challenge info-product. Just move everything into a word doc and style it to your liking before converting it to a PDF and offering it to the public. Enjoy!

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