

15 LIVE STREAM TOPIC

Prompts



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These are designed to help you come up with ideas for show topics, questions your audience may have - but are too afraid to ask, and more!

1. How to optimize your _____ to _____ .
2. The 5 best apps for _____ .
3. 6 things you need to set up your _____ like a pro.
4. How to create the perfect _____ - even if _____ .
5. The best _____ to get _____ that no one talks about.
6. How to stay motivated on your _____ journey when you _____ .
7. The perfect _____ for beginners.
8. The best time of day to _____ when you _____ .
9. How to make the most of your _____ when you feel _____ .
10. My favorite tips for _____ in less than 15 minutes a day.
11. 5 ways to get _____ - even if you _____ .
12. How I make _____ fun (yes really!)
13. My 3 favorite tips for staying on track, even when _____ .
14. The only _____ you need when you _____ .
15. What to do when you _____ .

Although these are meant to inspire you, you can literally fill in the blanks “Mad Libs” style and go for it.

FOR EXAMPLE...

1. How to optimize your bedtime routine to get over the post-holiday slump .
2. The 5 best apps for motivation .
3. 6 things you need to set up your pantry like a pro.
4. How to create the perfect omelet - even if you can't boil water without burning it .
5. The best breakfast to get your blood pumping that no one talks about.
6. How to stay motivated on your weight loss journey when you are on vacation.
7. The perfect fitness band for beginners.
8. The best time of day to get a workout in when you work a full-time job.
9. How to make the most of your dinner plans when you feel like eating a plate of nachos.
10. My favorite tips for homecooked meals in less than 15 minutes a day.
11. 5 ways to get a workout in - even if you don't go to the gym.
12. How I make blood tests fun (yes really!)
13. My 3 favorite tips for staying on track, even when you don't feel like it.
14. The only supplement you need when you are fasting .
15. What to do when you have a blood sugar spike.