



Best practice **prompting guide**....

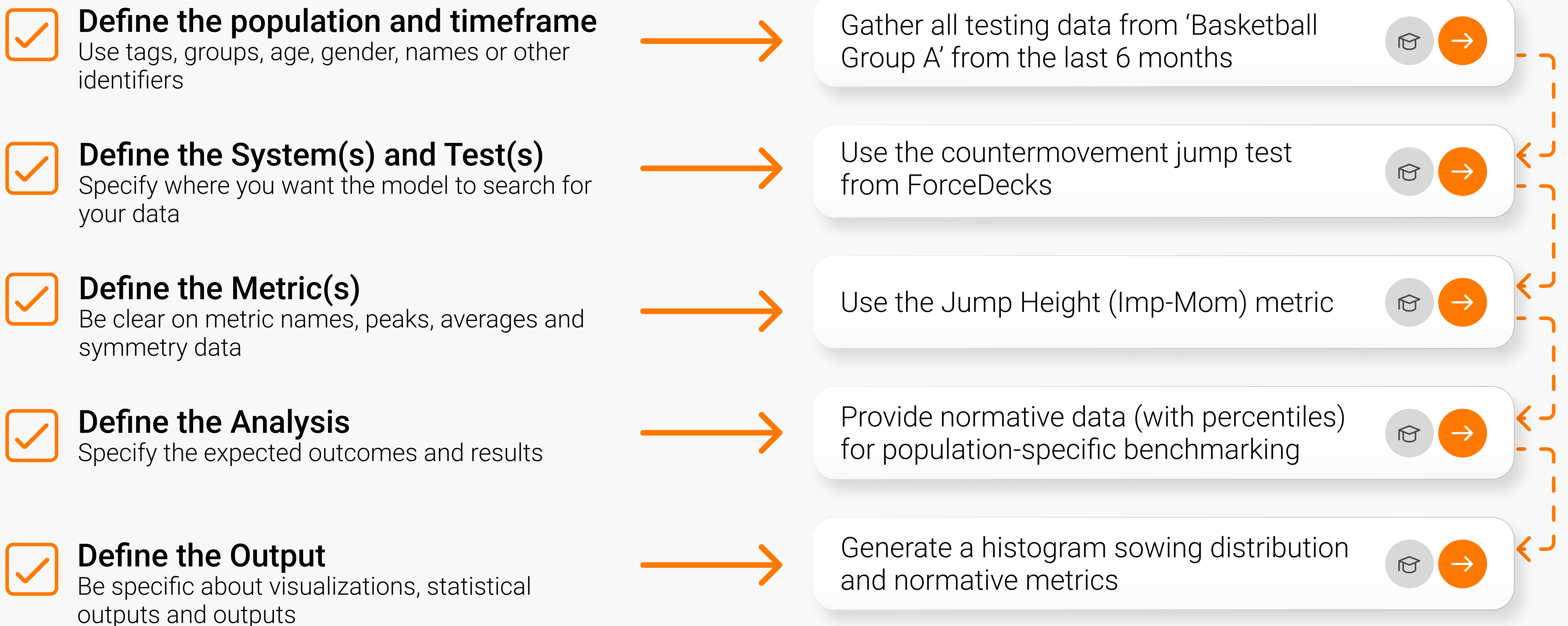


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Prompting **101**

Avoid long prompts.

Stepwise tasks provide specificity for **more accurate model performance**.



Most common prompts amongst closed beta users

- Composite Metric Analysis**
Calculate and rank NordBord Nordic Peak Force : Iso Prone Peak Force ratio in my "Hamstring Strain" group.
- Individual and Group Reporting**
Show ForceDecks' CMJ jump height trends in my "Baseball" group over the last 6 months.
- Data Quality Checks**
Scan data for all individuals and highlight any with missing profile data like sex or age.
- Custom Visualizations**
Create an xy scatter plot comparing ForceFrame plantar flexion peak force and ForceDecks CMJ jump height.
- Common prompting **mistakes****
- Lack of Specificity**
Show me jump heights for athletes.
- Asking for a Decision**
What exercises should I do with "Athlete X."