PERSONAL COACHING, CLOSER TO EVERYDAY LIFE

Your health.
Your life.
A clearer next step.

Meet Nova, your LifeCoach-AI Health & Performance companion.

LifeCoach-AI aims to make thoughtful life coaching more accessible: practical support that fits the Person, not just a generic plan. This pilot brings practitioner-authored Health & Performance guidance into conversations you can have on your phone.

When knowing more is not the same as knowing what to do

Starting a prescribed GLP-1 journey and unsure what to discuss about eating, energy or exercise? Struggling to fit strength training into real life? Unsure whether patchy logs or a stalled scale call for a change? Nova helps you explore the next decision and recognize when professional input is needed.

LIFECOACH EXPERTISE + GROK BOT

LifeCoach supplies versioned coaching guidance and reviewed personal understanding. Grok Bot supplies the AI conversation and platform: voice and text, connected tools, ongoing Bots and routines. Phone and desktop share the same account. Nova brings those capabilities together around your health goals.

Invitation-only pilot. Coaching and education, not diagnosis, medication management or a clinically validated service. Grok access and usage limits are separate.

01 / SETUP

Connect once. Use on iPhone.

Have Grok Bot installed and an eligible account. Use the same Grok account in Safari and the app.

1 Accept your personal invitation

Open your invitation from Reza or Lance (valid for seven days; ages 18+). Existing account? Sign in and accept. New here? Choose a password, create your account and confirm your email. Then reopen the invitation and sign in to accept. Never share your password in chat.

Open LifeCoach account

2 Add the connector in Safari

Open the Grok plugins dashboard and choose **Custom MCP**. Enter the settings below. You do not need to upload the specialization package.

grok.com/dashboard/plugins

Name	LifeCoach-AI
Transport	Streamable HTTP
URL	https://lifecoach-ai-services.onrender.com/mcp
HTTP Headers	Leave blank
OAuth Client ID	a2eebce3-9d20-46af-91fa-1cf4f83ff7d5
OAuth Client Secret	Leave blank

3 Authorize and return to Grok Bot

Save, then choose **Connect / Authorize**. Sign in to your own LifeCoach account and review the connection request. If you land on the account page, select **Continue connection**. Complete the browser handoff and return to Grok Bot.

Check: the connector appears as connected in the app. If a new tool is missing, refresh or reconnect the connector and start a new conversation. Labels can vary by app version.

02 / YOUR COMPANION

Create a Bot named Nova.

In Grok Bot, choose + / New Bot, name it Nova, then open its chat. Give it a distinct name such as Nova - LifeCoach if you already use Nova.

Attach LifeCoach-AI with @ if available. Paste the setup message below as Nova's first message. It contains connection instructions, not the proprietary specialization package.

You are Nova, my LifeCoach-AI Health & Performance companion. Keep these setup instructions for this Bot; they are not personal facts about me.

Use the LifeCoach-AI connector. Call **bootstrap_lifecoach** at the start of a new conversation. Before Health & Performance advice, call **get_specialization_guidance** for the relevant topic. First confirm **active_pilot** and **delivery revision 3 or later**. If a tool is unavailable, explain that; do not claim success. Apply the guidance without reproducing its proprietary text. Refresh when the topic or release changes.

Explore my goals, daily routine, past attempts, relevant health context, practical resources and support preferences. Ask only one or two relevant onboarding questions at a time; accept skip or not sure. Do not infer health clearance from silence. Establish experience, time, equipment and relevant limitations before training programming. Leave medication decisions to my prescriber or pharmacist, without giving interim regimen instructions.

Use **prepare_interaction** for coaching and **get_coaching_workspace** for goals, reviewed imports and progress. Distinguish confirmed LifeCoach records, what I say now, other Bot memories and your hypotheses. Do not silently blend older Kenovis/Nova packages or other assistant memories. Explain conflicts.

Give a manageable next step and adapt to my capacity. Ask before proposing understanding. Submit lasting details as proposals and direct me to the LifeCoach account page for approval; a chat yes is not confirmation. Use exact review links. Temporary use needs an expiry; it is not deletion. Ask permission before reminders or external actions.

Now check the connector and ask what I want help with and what would make the next few weeks feel better.

Ready looks like: Nova confirms that Health & Performance is available and starts a focused conversation. A new Bot is not a guaranteed boundary against other Grok memories.

03 / GET TO KNOW THE PERSON

Start with your life, not a form.

Nova should explore these topics gradually. Share what is useful, skip what you prefer not to share, and distinguish confirmed facts from uncertainty.

01 Your direction

What would you like to improve, why does it matter, and what would useful progress look like?

02 Your everyday reality

What do work, caring responsibilities, sleep and stress leave room for? What time and energy can you realistically protect?

03 Your starting point

What are eating, movement and recovery like now? What have you tried, what helped, and what made it difficult?

04 Relevant health context

What age range and health circumstances matter to this goal? Any relevant pain, conditions, clinician restrictions or current treatment, including a GLP-1? Share only what is needed; medication changes stay with your clinician.

05 Training and practical access

What is your training experience? How long are available sessions, what equipment can you use, and what limitations need clarification?

06 Support and boundaries

What kind of support feels useful? What should Nova avoid? What, if anything, would you like proposed for lasting LifeCoach understanding?

Three ways to begin

"I recently started a prescribed GLP-1. Help me identify the eating, energy and exercise questions worth discussing."

"I can manage two short workouts a week. Help me find a realistic starting point."

"My logging has been patchy. Help me understand what we can and cannot conclude."

04 / STAY IN CONTROL

Review what becomes understanding.

LifeCoach separates a suggested understanding from a record you have explicitly confirmed.

1

Ask for a small, accurate proposal

Try: **“Propose up to three useful details for my review. Keep tentative plans tentative, and don’t turn your advice into facts about me.”** Pending proposals are stored for review, but are not confirmed understanding.

2

Review on your LifeCoach account page

Sign in and review the wording, purpose and evidence. Confirm only accurate details; reject the rest. If you see **stale_baseline**, refresh and check what saved. If it persists, reject that proposal and ask Nova for a fresh one.

Open your account and review proposals

3

Choose whether to share confirmed context

Turn context sharing on in your account if you want Nova to retrieve confirmed understanding in future conversations.

A chat reply is not yet an approval button

Today, saying “yes” in chat does not confirm a LifeCoach proposal. Final approval happens on the account page. New classified understanding can have an explicit expiry for future use; this does not delete audit history. Grok also has its own conversation storage and memory; LifeCoach approval controls do not erase or govern those copies.

IF SOMETHING DOES NOT WORK

No access? Ask Reza or Lance. Missing tools? Reconnect and start a new chat. When reporting a problem, never share passwords, tokens or authorization-code URLs.

ABOUT THIS EDITION

Health & Performance RC2 by Lance Kennedy, DNP, CRNA. Delivery revision 3; practitioner-authored pilot, not clinical validation. Selected guidance reaches Grok; MCP does not guarantee IP secrecy.

Platform references: Mobile | Bots & templates | Connectors. Setup also reflects the observed pilot flow. Guide v1.2, 15 November 2026.

05 / MAKE IT YOURS

One goal. Your next step.

Start from scratch or bring a small selected summary. You choose what LifeCoach keeps using.

1

Agree on one useful goal

Tell Nova what you want to change and why it matters. Ask it to propose a goal, not assume a target or deadline. Open the returned review link and confirm only what reflects you.

2

Bring useful context, if you want

In ChatGPT or another assistant, ask for a short summary of only the facts and preferences relevant to this goal. Review it yourself, remove anything private or inaccurate, then paste it into Nova and ask for a selected-summary import. No account linking or full history upload is needed.

3

Review each imported item

Nova should preserve source excerpts and separate facts, preferences and assistant guesses. Proposals are saved pending review. Approve accurate items; edit or reject the others. They are not automatically promoted into your understanding.

4

Use simple check-ins

Ask Nova to record what actually happened, or use Goals & progress on your account page. Missing days are unknown, not failures. Review changes to an existing plan rather than creating another goal. You can correct entries or pause a goal.

Open Goals & progress

Keep the pilot simple

One Nova chat is enough. Focused chats are optional and do not isolate host memory. This pilot supports selected summaries, not automatic ChatGPT account sync or full archive import. Review happens on LifeCoach pages, not through a chat yes.

Your control

Turn off context sharing in your account to stop connector retrieval. Stopping use or setting expiry does not physically erase stored source/audit history or Grok copies. Ask Reza for help with access, corrections or data-handling questions. Do not send passwords or authorization links.