























## Emoji Cheat Sheet for Nurse Coaches

1. 😊 (Smiling Face): Signals happiness and approval. “Great job on achieving your exercise goal this week 😊.”
2. 🍏 (Apple): Signifies healthy eating. “Try to include more fruits like 🍏 in your diet for a vitamin boost.”
3. 🏃‍♀️ (Woman Running): Represents physical activity. “Remember, regular 🏃‍♀️ is key to maintaining your health.”
4. 🧘 (Person in Lotus Position): Symbolizes relaxation and meditation. “Consider adding 🧘 to your daily routine to help manage stress levels.”
5. zzz (Sleeping Symbol): Represents sleep or rest. “Getting a full night’s zzz is essential for your body’s recovery.”
6. 🤔 (Thinking Face): Invites thought or contemplation. “What are your health goals for this year 🤔?”
7. 👍 (Thumbs Up): Indicates approval or agreement. “You’ve made impressive progress on your health goals 👍.”
8. 📅 (Calendar): Signifies appointments or schedules. “Let’s set up a follow-up appointment on your 📅.”
9. 🥦 (Broccoli): Represents vegetables or healthy food. “Don’t forget to incorporate more 🥦 and other green vegetables into your meals.”
10. 💧 (Droplet): Symbolizes hydration. “Remember to drink enough water and stay 💧 throughout the day.”



11.  (Syringe): Represents vaccination or medication. “It’s time for your flu shot .
12.  (Heart): Expresses love, care, and support. “Remember, we’re here to support your journey to better health .
13.  (Books): Stands for learning or information. “Here are some  that provide great insights into maintaining a balanced diet.”
14.  (Clapping Hands): Shows praise or celebration. “Congratulations on lowering your cholesterol levels .
15.  (Flexed Biceps): Indicates strength or effort. “Keep pushing forward with your fitness goals. You are stronger than you think .
16.  (No Smoking): Symbolizes the advice or recommendation to quit smoking. “For better lung health and overall wellness, let’s work on your  goal.”
17.  (Sun): Represents daylight, warmth, or the start of a day. “Try to get some outdoor activity early in the day when the  is up.”
18.  (Love Letter): Can be used to refer to an important message or communication. “Please check the  we sent with detailed dietary guidelines.”
19.  (Woman Health Worker): Represents the nurse coach herself. “As your , I’m here to guide you through your health journey.”
20.  (Counterclockwise Arrows Button): Stands for repetition or routine. “Remember, consistency is key! Regular exercise and a balanced diet  are vital for maintaining good health.”



21. 🍇 (Grapes): Represents fruits & healthy snacking options. “For your mid-afternoon snack, try a handful of 🍇 or other fruits.”
22. ⌚ (Alarm Clock): Signifies reminders or time management. “Set a ⌚ as a reminder for taking your medications on time.”
23. 🚴 (Man Biking): Indicates physical activity or cardio exercises. “Consider adding 🚴 to your workout regimen for heart health.”
24. 🤒 (Face with Medical Mask): Represents illness or the need to take precautions, especially relevant in the context of a pandemic. “Remember, during these times, it’s crucial to wear your 🤒 when in public.”
25. 📉 (Chart Decreasing): Used to symbolize a decrease, such as lowering cholesterol or weight loss. “Your recent lab results show a 📉 in blood pressure. Keep up the good work!”
26. 🌕 (Full Moon): Represents nighttime / sleep. “Ensuring you get quality sleep during the 🌕 hours is crucial for your health.”
27. 💧 (Potable Water Symbol): Stands for hydration. “Staying 💧 is vital for good health, so keep that water bottle handy!”
28. 🤝 (Handshake): agreement, partnership, or teamwork. “Looking forward to working together on your health goals 🤝.”
29. 🧘 (Woman Cartwheeling): Stands for flexibility and fun in exercise. “Exercise doesn’t have to be boring. Have you ever tried yoga or 🧘?”
30. 🍊 (Orange Heart): Can represent warmth, care, and enthusiasm. “I’m here to support you on this journey. Remember, you’re not alone 🍊.”