

Personal Development Plan (PDP): Gym & Fitness Team Member

1. Self-Assessment

Strengths: Physically active, disciplined, team player, motivated to improve fitness.

Weaknesses: Needs structured workout planning, occasional inconsistency.

Interests: Gym workouts, fitness routines, body-building, stamina training.

Values: Hard work, consistency, sportsmanship, mutual support.

2. Goals

Short-term Goal (0–6 months): Improve physical strength, stamina, and workout form.

Medium-term Goal (6–12 months): Participate actively in college fitness events and group workouts.

Long-term Goal (1–3 years): Achieve a fully balanced fitness lifestyle with strength, endurance, and flexibility.

3. Strategies & Actions

- Follow a structured weekly workout plan for strength and endurance.
- Maintain proper form, warm-up routines, and injury prevention habits.
- Join group training sessions and participate in fitness challenges.
- Track progress through monthly fitness assessments.
- Stay consistent with diet, sleep, and hydration routines.

4. Resources Needed

- Access to gym equipment, workout space, and training facilities.
- Guidance from trainers and senior gym members.
- Fitness apps, workout logs, and basic nutrition guidelines.
- Opportunities to join competitions or team challenges.

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Role:	Gym & Fitness Team Member