

So for my project a public-personal, digital ,journal or blog post seems to be a good idea about how my experience doing CrossFit has changed me for better or worst before and after I started participating in it. The journal would consist of different day to day events going on throughout my life and how CrossFit has affected them using pictures and words. I would like to show the audience why Crossfitters do what they do and why they act how they act.

