

ALL ABOUT ME



For My Gym Buddy

What I Wish You Knew

A guided journal for understanding me better

This Journal is all about:

Gift Me Right

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ALL ABOUT ME

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How to Use This Journal

This journal is an invitation to understand me better.

There is no right or wrong way to fill it out.

Take your time.

Skip what doesn't fit.

Return to pages whenever you need to.

Some questions may feel easy.

Others may take longer.

This journal isn't meant to be perfect.

It's meant *to be honest*.

Let this be a space where you can be real.

About Me

The **basics** of who I am, in my own words.

My full name is:

I prefer to be called:

My pronouns are:

My date of birth is:

My zodiac sign is:

I currently live in:

Where I grew up:

Languages I speak or understand:

Age (at the time of filling this out):

A picture of me
when I was a baby

A picture of me
now (current)

My height is:

My shoe size is:

My shirt size is:

My pants or skirt size is:

My jacket or coat size is:

My ring size is:

My favorite fit is (oversized, fitted, relaxed):

My favorite ice cream flavors include:

My best friends are:

Comfort or style preference:

Hat size (if applicable):

Introvert or extrovert?

My favorite color(s):

My least favorite color(s):

My favorite scent family is:

My metal preference is:

My favorite season is:

I am more of a morning person or night owl:

Dietary preferences:

Food allergies or sensitivities:

Foods I love:

Foods I avoid:

Favorite snack:

Favorite sweet treat:

Favorite drink:

Caffeine preference:

Alcohol preference (or none):

Tea preferences:

Quotes that I live by:

Someday, I want to:

Things that physically comfort me:

Things that physically overwhelm me:

Preferred way to relax my body:

Preferred way to relax my mind:

My ethnicity, race, and origin:

My religion and how important it is to me:

About Me

let's Go More In Depth

My hobbies and interests:

How I recharge:

What drains my energy:

How I spend most of my time:

What motivates me lately:

What feels most important to me right now:

When I'm upset what I usually need is:

What doesn't help when I'm overwhelmed:

How I prefer to communicate during conflict:

How I prefer to receive support:

How I show appreciation:

How I tend to shut down or open up:

Things I don't always say out loud:

Things I'm afraid to ask for:

Things I wish I were better at expressing:

What makes me feel deeply understood:

What makes me feel distant or misunderstood:

What I hope you never forget about me:

Ways I show love or care:

Ways I like to receive love or care:

What makes me feel safe:

What makes me feel valued:

What makes me feel appreciated:

What makes me feel emotionally close to someone: _____

What I've learned about myself so far:

What I want more of in my life:

What I want less of in my life:

Who I am becoming:

What I am working on within myself:

What I hope the people in my life understand about me:

A message from me to you:

What I hope this journal helps you understand:

What I want remembered about me in this season of life: _____

What I am grateful for right now:

What I am still figuring out:

What I want to carry forward:

About Me

It's **GYM** Time!!!

What originally motivated me to start working out: _____

What keeps me showing up consistently:

What kind of workouts I enjoy most:

What kind of workouts I avoid:

What makes a workout feel successful to me:

What makes a workout feel frustrating:

What kind of encouragement helps me push myself: _____

What kind of encouragement feels unhelpful or distracting: _____

How I like accountability to show up:

How competitive I feel during workouts:

What throws off my gym routine:

What helps me reset after a missed workout:

What goals I'm working toward right now:

How I define progress beyond the scale:

What makes me feel confident in the gym:

What makes me feel self-conscious in the gym:

How fitness fits into my life outside the gym:

What helps workouts feel fun and sustainable:

My gym bucket list:

I think I can do better both inside and outside the gym by:

My favorite gym quotes:

Current weight (Optional), diet, and workout routine: _____

What I think my plan should be:

Budget (what time and money do I have available): _____

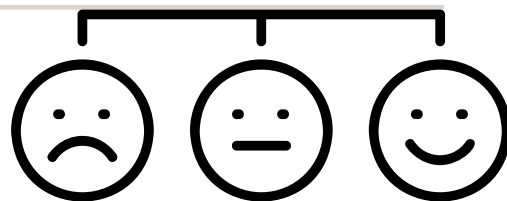
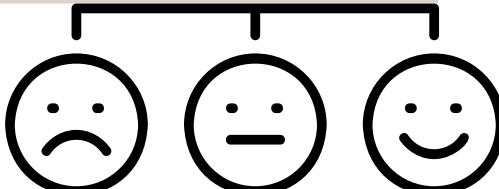
Goal #1:

Goal #2:

Where do I see myself in the future?

About Me: Gym Buddy

My thoughts about the gym right now:



How you can help me inside (and outside) the gym: _____

I can't read your mind, and you can't read mine.
I hope this helps us communicate better and
supports us in being better workout partners to
each other.

By signing this, we promise to be the best
workout partners we can be to one another.

X _____ Date: _____

X _____ Date: _____

GMR



2026

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JOURNAL WEBSITE