



## What do they THINK AND FEEL?

what really counts  
major preoccupations  
worries & aspirations

## What do they SAY AND DO?

attitude in public  
appearance  
behavior towards others

## What do they HEAR?

what friends say  
what boss say  
what influencers say

## What do they SEE?

environment  
friends  
what the market offers

## PAIN

fears  
frustrations  
obstacles

## GAIN

"wants" / needs  
measures of success  
obstacles



Good. Keep it up

Why is this so hard ?

Is it worth of money?

Am I doing right ?

Start with small workouts and eat good foods

Follow proper diets and workout accordingly

Avoid bad habits

Have proper sleep

Drink Lot of water

First concentrate on your studies.

When should I start ?

Should I want to control my food habits to maintain proper diet?

Taking proper nutritious food is enough or I want to do some exercise?

Is nutritions to be taken everyday or on a scheduled basis

Frustrated

Overwhelmed

Fear of Addiction

Inadequate money

Online platform benefits

Protein powders

Hormonal injections

Social media influences

junk foods

Gadgets

Smart watches

Vitamin capsules

Ask friends and doing more researches

I took a resolution.

I started going to gym.

Follow trainer guidance

Take healthy nutrients based on my work out

I am doing workouts using online apps