**2. Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.**

Monkeys and Chris Evans. These are why I got into calisthenics.

I’ve always wanted to have a killer body while having the agility of a monkey. So, when I first found out about calisthenics, it instantly became my way of working out for the past 3 years.

For months, I felt phenomenal. I thought I was progressing at a spectacular rate, or so I did until I had to train with my cousin. “Your workouts are so randomly put together, no wonder you haven’t made any significant progress”, he said.

I felt gutted hearing that. For days I denied his words, but I felt it chipping on my confidence as days went by. Until one day when I looked into a mirror to flex, just to see a sorry sight of an overweight kid.

I knew something had to change.

For days, I overclocked my brain to find a solution to my cluttered workout planning. It wasn’t until my computer science teacher told us about a story of how he made an algorithm to solve a maze. I went bananas hearing that. All these years of taking computer science classes, not once did I imagine using it in real life like that.

For the first step, I jotted down notes on the youtube calisthenics videos: the different movements, the muscle groups, and the number of sets and reps to name a few. Slowly, I started seeing patterns. I saw the relationship in changing a part of the workout to the result it will have on me. Want to work on my muscle endurance? An increase in the volume of exercises would be the answer. From these patterns, I started to think in the form of algorithms.

Now, not only did I see amazing progress from my workouts but I’ve also gained my confidence back. Seeing how it has benefitted me, a new passion has kindled within me. I wanted to share this algorithmic thinking with the whole world. How do I do it? Simply, through innovations of new software and algorithms that will improve people’s lives and habits.

Hi Vincent!

What an interesting essay. I like the way you’ve told the story – the opening is especially strong and immediately captures the reader’s attention. However, you haven’t actually answered the prompt, because you haven’t explained how you built the algorithm to program your workouts. A few sentences is enough. I’ve also added suggestions above on where to cut some words to make room for the clarification.

This is a great topic that really shows your creativity and diverse set of skills. You’ve managed to write about a common topic like fitness and really make it unique to your experience. I wish you luck on your revision and the rest of your applications!

Chiara