

Brooks Roberts

9/1/24

Assignment 5.2

Interview questions

1) What are your main hobbies and interests?

- I like to workout, watch football, and cooking.

2) Can you describe a significant accomplishment in your life?

- Was able to bench 225 lbs after working out for a year.

3) What are your current goals?

- Want to be able to bench press 225 lbs 10 times.

4) How did you get started with your hobby?

- Watching your(me) progress inspired me to get my butt back in there.

5) Who has been the most influential person in your life?

- My old boss Tom since he got me started as a chef.

6) What is a typical day like for you?

- Get up 4 or 5 in the morning to prep food for the schools. Get off work around 2 and go to the gym. Then get home and eat and see what game is on.

7) What are some challenges you've faced and how did you overcome them?

- Just trying to get my numbers up with different exercises. Just kept showing up to the gym.

8) What are you most proud of?

- Other than you son probably getting better on my lifts. My blood pressure coming down now and my clothes are fitting better.

9) How do you spend your free time?

- Either I'm working on my fish tank, working out, or trying new recipes.


10) What advice would you give to someone interested in your hobby?

- Like I used to tell you when you were a kid just got to stay consistent. (referring going to the gym)


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Gary Johnson





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Bio

Gary is a dedicated individual with a passion for fitness, football, and cooking. His love for working out was reignited after observing his son's progress, motivating him to return to the gym with renewed focus. One of Gary's significant achievements is reaching a milestone of bench pressing 225 pounds after a year of consistent effort. Now, he aims to push himself even further by bench pressing that weight ten times.

Gary's daily routine reflects his disciplined approach to life. He starts his day as early as 4 or 5 AM, preparing food for local schools for work before heading to the gym in the afternoon. His evenings are typically spent enjoying a good meal and catching up on sport games.

The most influential person in Gary's life has been his former boss, Tom, who introduced him to the culinary world and shaped his career as a chef. When not at the gym, Gary enjoys working on his fish tank and experimenting with new recipes in the kitchen.

Gary is proud of his physical progress, particularly the improvements in his lifts, lowered blood pressure, and better-fitting clothes. He attributes his success to his unwavering consistency, a trait he encourages in others who are interested in fitness. His advice is simple but powerful: stay consistent, just as he once advised his son during his younger years.

Portrait



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