

# **FREDY AGUILAR JR.**



Fredy Aguilar is a 25 year old male who works for a children's ministry at his local church.

Fredy's primary goal in his fitness lifestyle is to get to a point where he is happy about the way he looks and feels about his body. He also wants to get to the point where he won't be out of breath as much when he exercises. He plans on achieving this goal by working little by little and reminding himself that it is not going to happen overnight. It requires hard work and discipline and he knows that it is not an easy process. His primary challenge in his fitness journey is that he loves food especially his mom's food. He also loves experiencing new types of food and he can't contain himself when he sees food. He plans on solving this issue by reminding himself that if he wants to see change, it requires hard work and if he does not stay disciplined, he is going to stay the way he is forever. He also motivates himself by visualizing how happy he will feel.