

Chad Liffits - Katie Jones

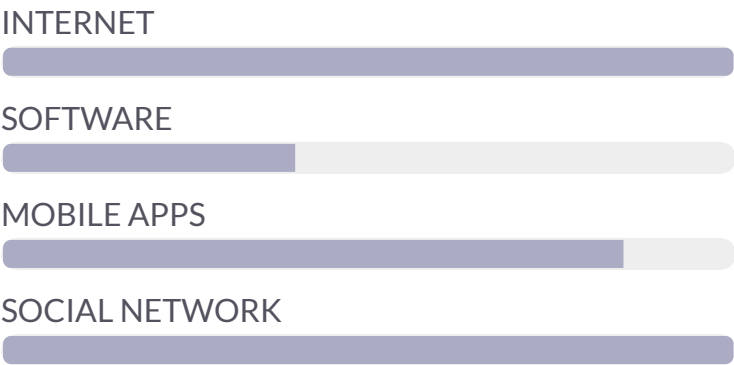
age: 32, 25 on Tinder
residence: Your Girlfriend's House, CA, 4200000.
education: B.S. in International Business
occupation: Stock Market Analytics on Twitch
marital status: Girlfriend but open to affairs



"The lift is life"

5:00 am - wake up. 5:30 am - first lift. 7:00 am - epic breakfast. 8:00 am - work work work. 1:00 pm - epic lunch. 1:30 pm - work work work. 6:00 pm - second lift. 7:00 pm - steal your girlfriend. 8:00 pm - check the stock market. 9:00 pm - enjoy a home-cooked meal from the main girlfriend. 10:00 - lights out.

Comfort With Technology



Criteria For Success:

I like to spice up all aspects of my life, including my diet plan. While I usually just stick to my typical chicken, rice, and broccoli, I like to have to flavor in my workout supplements. I love a good nutmeg, gingerbread, or pumpkin spice flavor before or after a workout, but they only sell my favorite powders during the holiday season. What's a bro to do... :(

Needs

- To stick to my macros while enjoying what I eat
- High-quality foods
- Alpha male only gym

Wants

- A new girlfriend
- Zero calorie syrups for coffee that come in fun seasonal flavors
- Better shoulder to waist ratio for body building competitions

Values

- High protein, low carb diet
- Women
- My girlfriend (sometimes)
- PR's on the chest rack
- Food that fits my diet plan without being boring

Fears

- My pecks look too much like boobs
- There will only be chocolate or vanilla flavored protein powder at the store
- My fake tan is too light for the stage lights