

Name: Jordan Martinez



Age: 17

Gender: Male

- Thinks fitness is important but doesn't always push himself hard enough
- Gets distracted easily, but wants to be a disciplined man
- Lowkey depressed

Goals:

- Wants to get faster and stronger for soccer.
- Wants to be more consistent with workouts instead of skipping.
- Wants to improve his mental health without feeling awkward about it.
- Needs more discipline (too easy to skip workouts).
- Wants approval from friends and family.
- Has time management problems ie balancing homework, fitness, and gaming