

Distractions/time constraints	Goals	Current activity/sport
<div data-bbox="335 495 663 825">Doomscrolling</div> <div data-bbox="730 495 1059 825">School work</div> <div data-bbox="335 880 663 1209">Video games</div> <div data-bbox="730 880 1059 1209">Extracirricul ars</div> <div data-bbox="335 1264 663 1593">Laziness</div> <div data-bbox="730 1264 1059 1593">Physical limitations (ie injuries)</div>	<div data-bbox="1212 495 1541 825">Getting big muscles</div> <div data-bbox="1608 495 1937 825">Being skinny</div> <div data-bbox="1212 880 1541 1209">Self confidence</div> <div data-bbox="1608 880 1937 1209">Better Mental Health</div> <div data-bbox="1212 1264 1541 1593">Fun with friends</div> <div data-bbox="1608 1264 1937 1593">Feeling healthy</div>	<div data-bbox="2068 495 2397 825">Track and field</div> <div data-bbox="2505 495 2834 825">Basketball/ soccer/ baseball</div> <div data-bbox="2068 880 2397 1209">Working Out</div> <div data-bbox="2505 880 2834 1209">Walking/ Walking Pets</div> <div data-bbox="2068 1264 2397 1593">Biking</div> <div data-bbox="2505 1264 2834 1593">Tennis</div>