**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