



c/o Bing Image Creator

SAY

DO

FEEL

ROUTINES

HABITS

PAINPOINTS

Before workout	During workout	After workout
<p>"I'm faster than the old me"</p> <p>Enjoys outdoor activities when it comes to social exercise.</p>	<p>"Feels like a beast", especially when she is recovered.</p> <p>"Just go and do it"</p>	<p>"It feels good to do workouts when my recovery is low"</p>
<p>Often works out alone due to her training plan.</p>	<p>Follows a workout app that speaks aloud to her as she runs, telling her when to speed up or slow down as well as her pace, cadence, and other running metrics.</p>	<p>Uses, Garmin, Apple Watch, Strava, and Training Peaks to analyze workout.</p> <p>Goes in and "lifts like a beast" when she is recovered.</p> <p>Does not often reflect on her feelings post-workout.</p>
<p>Lifting is very important to do the "compound movements".</p> <p>Any type or method of exercise is better than nothing.</p>	<p>Feels good when she is competing.</p> <p>Each workout adds to a base of health that she can rely on when it is time to perform and, most importantly, when she grows older.</p> <p>Working out with others is comforting and provides accountability - is running her April marathon with a friend.</p>	<p>She is building towards a future her that is healthy and a life full of longevity.</p> <p>A sense of accomplishment when she completes a goal (e.g. her first marathon or completing military training)</p>
<p>Defined running routine that she got from the Training Peaks app.</p>	<p>Defined running routine that she got from the Training Peaks app.</p> <p>Routines have shifted over time; in the past, she has focused more on other modalities such as lifting or swimming. Currently, running is the focus due to her marathon goal.</p>	<p>Recovery ahead of the next day of working out while balancing work.</p>
<p>Fiercely competitive: with herself and with others.</p> <p>Motivation fueled by athletic experience as well as an intense environment in the military.</p>	<p>Checks her workout data throughout the run.</p>	<p>Goes to bed too late, citing schoolwork.</p> <p>Fixates on workout and recovery metrics to a potentially counterproductive degree.</p>
<p>Difficult to get into the workout being tired from school and adult responsibilities.</p>	<p>Workouts that feel difficult in the moment and potentially demoralizing.</p>	<p>Has difficulty properly recovering due to the limits that schoolwork puts on her mid-quarter.</p> <p>Is in a long-distance relationship that takes up much of her free time.</p>