

TB

busy law student/former competitive runner and swimmer

Study Result



Key #satisfaction #motivation

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Tu 4  
6

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Workouts in study 1/5 days

Average satisfaction rating 4

Average motivation rating 6

Before workout

During workout

After workout

"Being lazy is stopping me from doing abs and stretching".

Wants to run more, "however long the runs are".

Not overly "cognizant" of pace in the moment, but rather more concerned with feel.

"I've been running for a while, so I understand the ups and downs"

"There is a feeling of doing really well and its a feeling of accomplishment".

"My best ever run was in Dublin, throughout the city. My pace was crazy. Those runs are pretty, pretty awesome".

Does not lift, stretch, or workout his core.

Runs more at night.

Powers through sluggishness and exhaustion during workouts.

Typically running, usually half outside and half on the treadmill.

Bikes periodically.

Stays up late working and prefers sleeping in to waking up early to complete a workout.

Does not affirmatively record workouts too often outside of rowing (which he no longer does often).

If he is tired, he will still decide to workout, but will reframe it in his mind as something to "deal with", being comfortable with a slower pace.

Currently not overly concerned with workout data or routine, more focused on other things in life.

Enjoys the high of good metrics but is not focused on a goal.

Nostalgic towards workout experiences of the past, whether they were in high school or as an undergraduate student.

Reflection is best not immediately after the workout, but actually once he'd had more time to think.

Is quite confident in his ability to understand and dissect his workouts. Perhaps would not be the most receptive user.

Plans a day around working out, but working out happens at night, so if things get busy, working out can be the first thing to go.

Experiments with swapping shoes as a way to improve his injury issues.

Trains 4 days per week, "give or take".

Having a set lineup to workouts motivates him, yet his workout routine is very transient and in flux.

Stays up late even after night workouts.

The majority of schoolwork happens at night.

Neglects proper pre-workout stretching due to other time constraints or general non-concern.

Lists to music while working out.

Expects to be running faster if he is on a treadmill.

Checks workout data of the most recent workout.

Reminisces upon workout data from past successful workouts.

Law school is a massive time constraint.

Cold weather in the winter prevents more outside running.

The gear necessary for anything apart from running is an annoying barrier to more diverse exercise.

Leg pain while working out.

Improving form on the run to decrease physical pain.

Monotony of running on the treadmill, especially when it's rainy and treadmill is unavoidable.

Lower leg recovery routines that are not making much of an impact.

Regularly needs to stay up work to complete 1L work.

SAY

DO

FEEL

ROUTINES

HABITS

PAINPOINTS



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