



HEALTHY GREEN ATHLETE

Ideal Athlete *Exercise*

Describe yourself as your ideal athlete and be as specific as possible. What do you eat? How often do you train? Who do you spend the most of your time with? What sport and position do you play? What is your mindset like? What are your greatest achievements? What do you avoid? What positive characteristics do you have? What or who are you motivated by? What do you do for fun when you're not training?