



FPI

Fitness Performance Indicator

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Introduction

Thank you for completing the Fitness Motivation Indicator! You've just completed the first step to better understanding your fitness-related performance motivation. This feedback will be essential in reaching your goals in order to train harder, better, faster, and stronger!

How do I view the results?

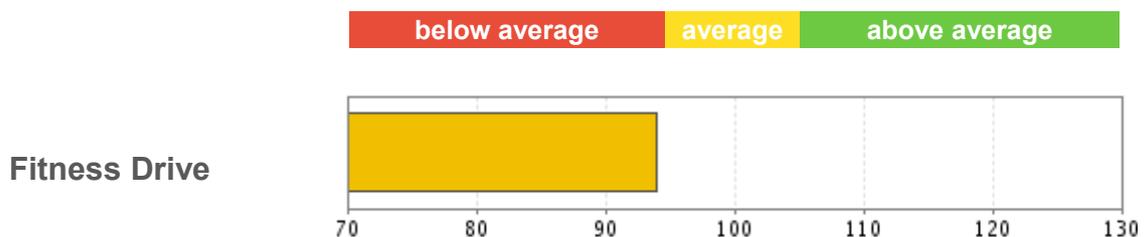
1. First we provide you with an evaluation of your overall **Fitness Drive**. Your score indicates the importance of fitness within your life and how mentally prepared you are to reach your goals in fitness. Please note, that for numerical reasons, this is not the average of all dimensions, but reflects the direct comparison of your Fitness Drive with fitness club members, athletes competing in endurance sports, and personal trainers.
2. You'll find a breakdown of your Fitness Drive within the **Sportive Abilities**. These 10 dimensions provide a detailed profile of your personal drive within fitness. This section of the feedback provides a graph summarizing your scores on each of the 10 dimensions. Below that are further characteristics of each dimension, helping you to better understand their meanings.
3. The next section, **Personal Behavior and Attitudes**, reflects aspects of your personality, based on the Five Factor Model, or the 5 major dimensions of personality (Agreeableness, Conscientiousness, Emotional Stability, Extraversion, and Openness for Experiences). Below that you'll find further characteristics of each dimension in relation to your fitness training.
4. The sections highlighting **Your Strengths** and **Your Areas of Development** provide specific examples of ways to use your feedback in your everyday training, in order to receive the most benefit from this analysis. Based on your results, you'll find different ideas on how to enhance your motivation and keep it at a steady level.
5. At the end you find some specific **Recommendations for your Workout**. Based on your profile there are one or more workouts that are most promising, rewarding, and motivating for you.

How does the scoring work?

This assessment was custom developed and tested by the psychologists of SPORTSDRIVE, using the three main quality criteria of testing – objectivity, reliability, and validity. Meeting these three requirements, the analysis provided in this feedback is of the highest scientific quality. Your personal results have been compared with a selected reference group, consisting of people from different age groups who work-out regularly. Current fitness club members, athletes competing in endurance sports, and personal trainers have participated in creating this comparison. Throughout the feedback the scores range from 70 to 130, with 100 corresponding to the comparison group's exact average. Scores under 95 are below average, scores between 95 and 105 are average, and scores over 105 are above average.

Fitness Drive

Below is the evaluation of your personal Fitness Drive. Based on your responses from the assessment, we calculated the importance of fitness within your life and how mentally prepared you are to be successful at your work-out. Remember that this is not an average of all dimensions but reflects a direct comparison of your Fitness Drive compared to that of fitness club members, athletes competing in endurance sports, and personal trainers.



Characteristics describe typical behavior and attitude of people with a score like yours.

Considerations are questions that help you dig deeper and find the right answers.

Tips help you get more out of your potential and reach your goals.

Characteristics

- You view fitness more as a leisurely activity
- You place a low importance on fitness progress
- You have a hard time motivating and pushing yourself

Considerations

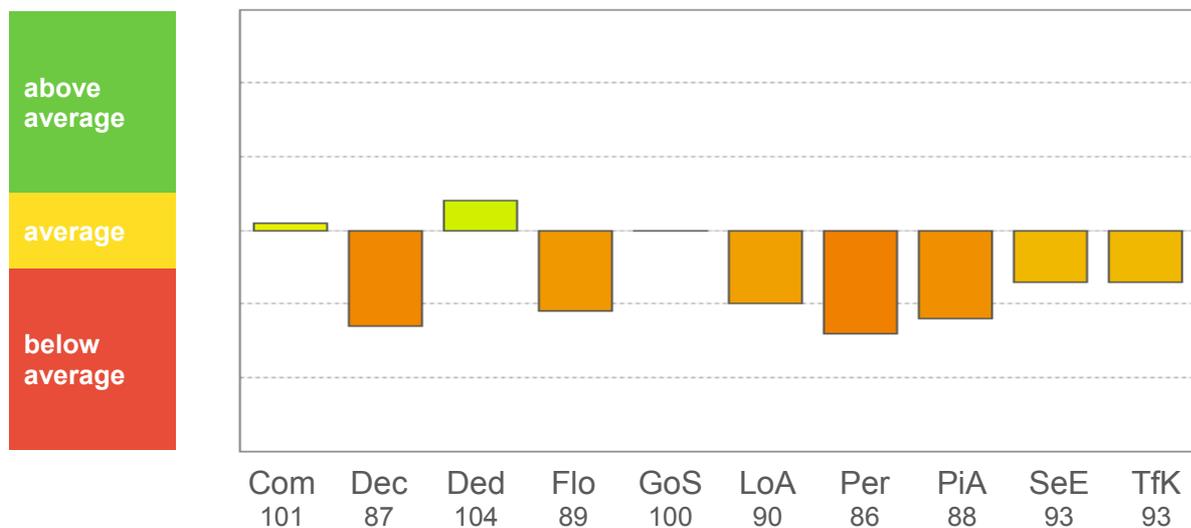
- What are your goals and motivation behind training?
- Do you feel confident in your abilities to reach your goals?
- What aspect of fitness is most important to you?

Tips

- Seek guidance and help from professionals and find out what drives you to make workouts more satisfying
- Set clear, realistic goals and recognize your progress
- Focus on your strengths to help you stick with your resolutions

Sportive abilities

Below is a breakdown of your Fitness Drive within 10 dimensions of Sportive Abilities. Your personal dimension levels were determined from the assessment and compared with a selected reference group. Individually, the dimensions can be directly connected with your fitness behavior. And together, they provide an overview of your motivation and work ethic in fitness environments.



Competitiveness (Com) plays a role even in fitness performance. Comparing yourself with others and losing or winning this comparison has a strong influence on your emotions and your behavior. Fit people with high scores in Competitiveness need and love to compete; they are pushed by it, and won't reach the same level without anyone to beat along the way.

Decisiveness (Dec) is one of the indicators for how much help someone needs and wants in the fitness area. People with a high score in Decisiveness are willing to take over responsibility for their actions, they decide quickly and easily what they want to do, and stick to it. Often they get highly demotivated when everything is taken out of their hands.

Dedication (Ded) goes hand in hand with persistence, but focuses mainly on the daily effort one is willing to show. Compared to others at the fitness club, highly dedicated people not only practice more hours, but also show more effort while working out. They workout very intensively and sometimes are even borderline overdoing it.

Flow (Flo) captures the ability to get fully absorbed in the workout. People who experience the flow-state while working out report the feeling of losing themselves totally in the activity and having no concept of space or time anymore. For many, this experience forms the basis of loving and sticking with a fitness plan in the first place.

Goal Setting (GoS) is important in achieving your fitness goals. Only if you set them wisely and intelligently will they unleash their power to motivate you. Fit people with high scores in Goal Setting set short- and long-term goals that keep them concentrated in their efforts and help them live up to their potential. They have a precise plan of where to go and how to get there.

Level of Aspiration (LoA) captures important aspects of fitness performance that center on goals and the optimal level of difficulty. People with high scores in Level of Aspiration go for the big fitness goals and want to be challenged. They are highly motivated by goals that are just a bit out of reach, routines that are difficult to learn, and experiencing their limits.

Persistence (Per) is important for fitness performance as it is the “willpower fuel” for reaching the long-term goals like building up muscles or losing weight. Highly persistent people are focused in their training, never forget where they want to go and what they want to reach, and are not easily scared away. They don’t need much outside pressure and if put on the right track, they will follow their goal largely independently.

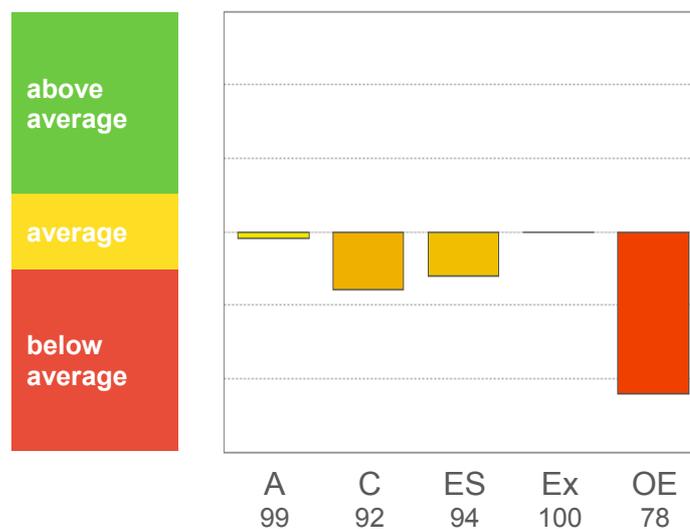
Pride in Achievements (PiA) is important for fitness performance as it is a strong motivator. People with high scores celebrate their fitness successes and are pushed by them to reach for higher goals. They are highly motivated by reasonable and reachable goals that can be measured precisely.

Self-Efficacy (SeE) is especially important for fitness performance! Only those who believe in their abilities to reach their goals will actually achieve them. People with high scores in Self-Efficacy have trust in themselves; they are stable and optimistic. They are able to overcome a setback and do not easily doubt themselves.

Thirst for Knowledge (TfK) goes beyond the pure motivation to work up a sweat. It captures the willingness to learn something new and make new experiences. Fit people with high scores in Thirst for Knowledge are curious and enjoy learning about fitness and health aspects. They are open to new approaches and are generally more motivated when they understand the science behind their workout.

Personal behavior and attitudes

Below is your feedback on the “Big Five” – the five universal characteristics for personal behavior in all contexts. They were specifically assessed in your fitness and health environment. Your level of Extraversion, Emotional Stability, Agreeableness, Conscientiousness, and Openness for Experiences is a good indicator of what kind of workout you will stick with and benefit from the most.



Agreeableness (A) is an indicator of how well “one plays with others.” Highly agreeable people don’t like to get in a fight and won’t start any. They like being part of a team, supporting others, and have a strong need for harmony. A highly competitive atmosphere might alienate and demotivate them.

Conscientiousness (C) is important in every area that is about performance and reaching goals. Highly conscientious people will stand to their word and stick with their fitness plans. They will find it less problematic to defeat inner temptations. They like detailed plans and workout concentrated and precisely.

Emotional Stability (ES) is a rough indicator of your resistance to stress and your inner calmness. People with high scores in Emotional Stability are good in dealing with criticism and pressure and normally do so in good spirits. They attend the workout highly optimistic and believe in their ability to reach their goals. They don’t need that much time for recovery and are good in dealing with set-backs.

Extraversion (EX) is one of the easiest personal characteristics to experience and rate, even for strangers, as it describes how talkative and outgoing someone behaves. Fit people with high scores in Extraversion love group settings, enjoy working out with friends, and need an opportunity to express themselves. Endurance workouts and training all by themselves are not very appealing to them – except for those who need the break from their socially stressful jobs.

Openness for Experiences (OE) describes the interest and open mindedness for new approaches and knowledge. Fit people with high scores in Openness for Experiences love to be creative; they try out new ways and are always quick to follow a new trend. They tend to get easily bored with routines and love to be stimulated with new ideas and different opinions.

Your Strengths

Based on your profile you'll find specific examples of ways to use your feedback in your everyday training, in order to receive the most benefit from your individual strengths.

Characteristics describe typical behavior and attitude of people with that specific strength.

Considerations are questions that help you dig deeper and find the right answers.

Tips help you get more out of your potential and reach your goals.

Dedication

Characteristics

- You are highly committed to fitness
- You invest a lot of time and effort into your training
- You take workouts extremely seriously

Considerations

- How about adding some fun workouts into your routine?
- What aspects of fitness motivate you?
- What's your long-term goal? Do your daily efforts add up to that?

Tips

- Don't forget including some fun in your workout – don't get too serious about it
- Keep track of your goals and reward yourself when you've achieved one!
- Don't just focus on today's workout, but look at the bigger picture

Your Areas of Development

Based on your profile you'll find specific examples of ways to use your feedback in your everyday training, in order to improve and compensate for your areas of development.

Characteristics describe typical behavior and attitude of people with that area of development.

Considerations are questions that help you dig deeper and find the right answers.

Tips help you get more out of your potential and reach your goals.

Openness for Experiences

Characteristics

- You are insecure with change
- You like to stay with what is known and approved
- You often have a skeptical view towards new methods

Considerations

- Would new thoughts and impressions lead you to new performance levels?
- Do you feel threatened or abandoned by change?

Tips

- Focus on the possible performance benefits that change could bring
- Broaden your horizon by at least trying new training techniques
- Don't feel pressured to change your routine if it's good for you and in accordance to your goals

Persistence

Characteristics

- You have difficulty staying motivated over long periods of time
- You are prone to mental exhaustion
- You don't see the relevance in long-term goals

Considerations

- Do you have enough structure in your workout routine?
- Have you tried a diverse set of exercises to help maintain focus?
- Are your workouts better when they are short and frequent?

Tips

- Create a realistic weekly workout schedule
- Try a fitness activity that provides instant feedback or progress
- Have a Plan B for workouts in case possible excuses arise

Decisiveness

Characteristics

- You usually shy away from decisions
- You prefer to be part of a crowd rather than a leader
- You prefer others to make important decisions

Considerations

- Are you left feeling overwhelmed without a trainer or directions?
- Do you feel frustrated when forced to make a decision without instructions?

Tips

- Develop a detailed training schedule with the assistance of a trainer for guidance
- Stick to a routine that you understand and feel comfortable with
- Make a plan B for possible complications (car broken down – how to get to your work-out; no time to work-out – what to do as replacement), so you don't have to decide in the moment

Recommendations for your Workout

Based on your results, there are more or less promising ways to approach and structure your workouts. Here you find the recommendations that seem to be best suited for you and your specific profile.

With regard to your profile, it seems you don't know why and how you should pursue your goals in fitness. Why exactly do you work-out? What's the motivation behind it and whose idea was it? Do you feel pressured to work-out or do you really have goals of your own attachment to your fitness activity? Is there something that you enjoy about it – or has there been something enjoyable about it in the past that you've lost? You might want to start with the basics: Clearly understand your goals and objectives and write down what you want to achieve. What's your final personal goal and why? What positive consequences will be attached to reaching this goal? Really picture it and see how you succeed. And then take it from there – what will you have to do, how often and in what way should you work-out, and what comes with it (nutrition, change of life-style, or the like). During this process remember your past experiences as well – what kind of physical activity did you enjoy in your childhood or adolescence? Would you rather do sports by yourself or with others? What was your personal best and how did you reach it? To create a tailored work-out schedule for you, it might also be really helpful for you to seek the help of a professional like a personal trainer, nutritionist, coach, etc.

- Become aware of your fitness-related goals
- Make a plan how to get there
- Rely on past experience and professional help

Next, you'll find one or more activities listed that are in accordance to your specific combination of strengths and areas of development. These are the kind of work-outs that are most motivating for you. You might want to pick one or two or a combination to create a training schedule that is fun, motivating, stimulating, and right for you.

- Mixture of very serious workout sessions (even very “boring” routine ones) and some fun parts
- Learn how to relax your mind with relaxation techniques (Yoga, Qi Gong, ...) additionally to other work-outs
- Fitness approaches that allow for and show quick progress – NOT long-term goals that have to be prepared over long periods of time (like Marathon or the like).
- Well-structured work-outs – clear tasks, clear goals, and a detailed plan