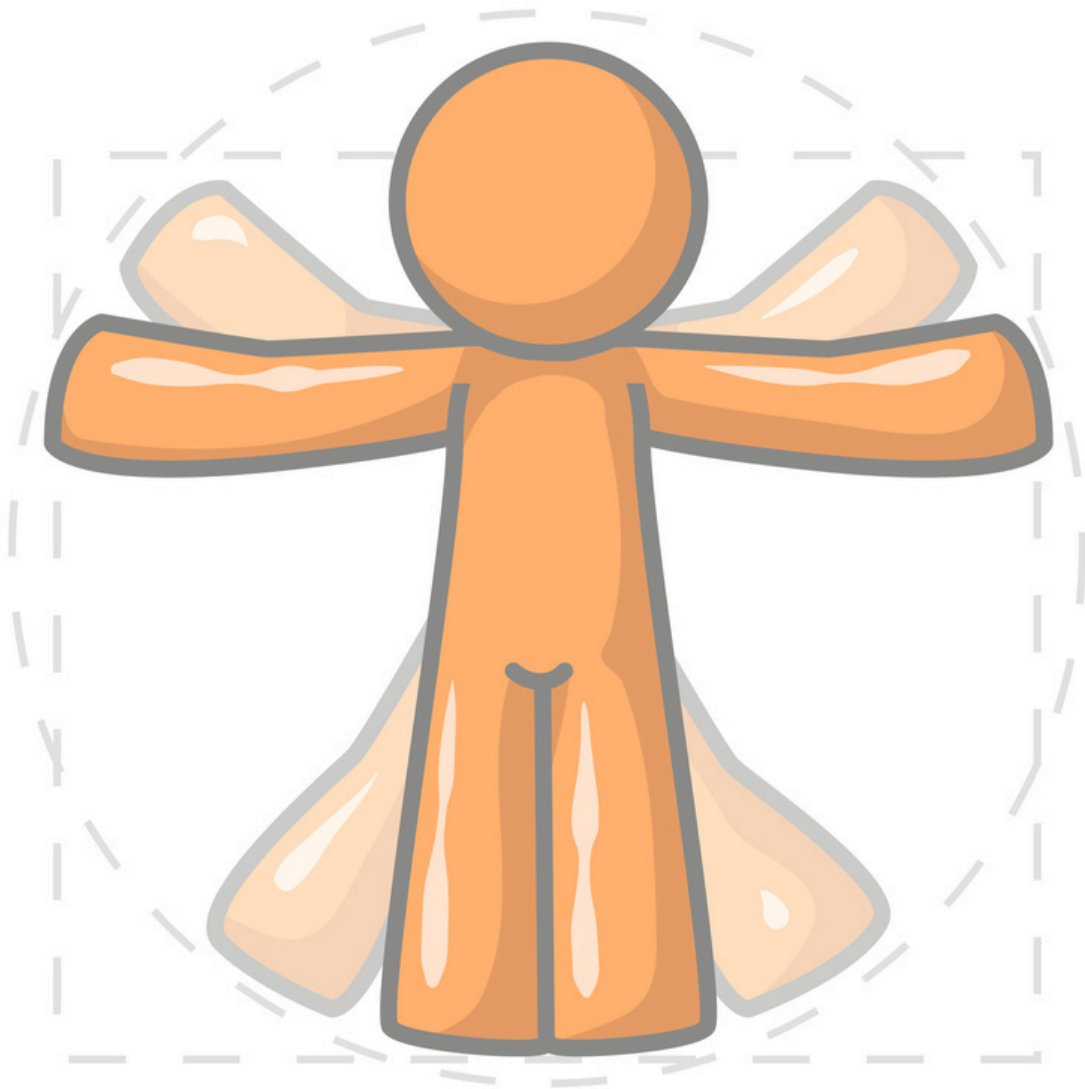


# WHAT IS YOUR MOVEMENT PERSONA?



## INSTRUCTION

Read each question and select the answer that best reflects your preferences and attitudes towards movement, health, and fitness

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1

**What types of physical activities bring you the most joy?**

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- A** Creative and expressive activities, such as dance or art-based movement
- B** Energetic and dynamic activities, such as running or playing team sports
- C** Social and interactive activities, such as playing games with friends or participating in group exercises
- D** Structured and rule-based activities, such as following a set routine or practicing specific skills
- E** Holistic and wellness-focused activities, such as yoga or mindfulness exercises
- F** Adventurous and exploratory activities, such as hiking or rock climbing

2

**Do you prefer solo or group activities?**

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- A** Group activities and collaborations are more enjoyable for me.
- B** I mostly enjoy solo activities where I can challenge myself.
- C** Activities that involve social interaction are more appealing to me.
- D** I enjoy both solo and group activities equally.
- E** I prefer group activities for support and shared experiences.
- F** I enjoy both solo and group activities, depending on the adventure.

3

**Are you more drawn to competitive or cooperative activities?**

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- A** I prefer cooperative activities that involve teamwork and collaboration.
- B** I thrive in highly competitive activities and enjoy striving for personal achievements.
- C** I enjoy both competitive and cooperative activities, depending on the situation.
- D** I prefer structured competitions with clear goals and rules.
- E** I find joy in cooperative activities that promote well-being and support everyone's growth.
- F** I enjoy adventurous activities that require cooperation and support from others.

4

#### How important is creativity and expression in your physical activities?

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- A Expressing myself creatively is extremely important to me.
- B I enjoy dynamic and energetic activities that allow me to express myself physically.
- C I value activities that allow for self-expression and creativity.
- D I prefer structured and rule-based activities over creative expression.
- E Creative expression is important to me in my physical activities and well-being practices.
- F I enjoy adventurous activities that require creativity, problem-solving, and adaptability.

5

#### What role does social interaction play in your enjoyment of physical activities?

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- A Social interaction is crucial to my enjoyment, and I thrive in collaborative settings.
- B I mostly enjoy individual challenges and don't prioritize social interaction.
- C Socializing and interacting with others are important aspects of physical activities to me.
- D I enjoy interactions within a team or group during physical activities.
- E I find joy in shared experiences and value socializing during physical activities.
- F I enjoy adventurous activities that allow me to meet new people and create bonds through shared experiences.

6

#### Do you prefer indoor or outdoor activities?

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- A I prefer indoor activities with creative elements and the opportunity for self-expression.
  - E I love outdoor activities that involve physical challenges and exploration.
  - F I enjoy both indoor and outdoor activities, especially when they involve social aspects.
  - D Indoor activities with structured rules and clear boundaries are more appealing to me.
- I prefer outdoor activities that focus on overall well-being and connection to nature.
- I enjoy adventurous activities that involve outdoor exploration and physical challenge

# SCORING:

- A** Mostly A responses → The Aesthetic Explorer
- B** Mostly B responses → The Athletic Dynamo
- C** Mostly C responses → The Social Butterfly
- D** Mostly D responses → The Competitive Enthusiast
- E** Mostly E responses → The Holistic Wellness Advocate
- F** Mostly F responses → The Adventurer



## The Aesthetic Explorer

- **Who You Are:** You enjoy creative, expressive movement.
- **How You Learn Best:** Visual and artistic approaches.
- **Ideal Activities:** Yoga, aerobics, dance-based fitness.
- **What Energizes You:** Group settings that encourage expression.



## The Athletic Dynamo

- **Who You Are:** You thrive in high-energy, physically demanding activities.
- **How You Learn Best:** Hands-on, movement-driven experiences.
- **Ideal Activities:** Team sports, strength training, HIIT.
- **What Energizes You:** Competition, endurance, and progress tracking.



## The Social Butterfly

- **Who You Are:** You love interactive and social movement.
- **How You Learn Best:** Through conversations and group settings.
- **Ideal Activities:** Dance classes, group workouts, team sports.
- **What Energizes You:** Connection, inclusivity, and fun environments.



## The Competitive Enthusiast

- **Who You Are:** You are driven by challenges and performance.
- **How You Learn Best:** Structured, goal-oriented learning.
- **Ideal Activities:** Competitive sports, structured training, races.
- **What Energizes You:** Pushing limits, achieving goals, leading teams.



## The Holistic Wellness Advocate

- **Who You Are:** You prioritize overall well-being over competition.
- **How You Learn Best:** Mindful, introspective approaches.
- **Ideal Activities:** Yoga, meditation, walking, wellness routines.
- **What Energizes You:** Balance, self-care, and eco-conscious fitness.



## The Adventurer

- **Who You Are:** You seek movement that is exciting and exploratory.
- **How You Learn Best:** Experiential, hands-on challenges.
- **Ideal Activities:** Hiking, rock climbing, adventure sports.
- **What Energizes You:** Exploration, problem-solving, and teamwork.

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