

Name \_\_\_\_\_

## Mike Gets in Serious Shape

### Open Ended Questions

1. How does the story of Mike's fitness journey highlight the importance of determination and perseverance in achieving one's goals?
2. Discuss the role of camaraderie and support from friends in Mike's transformation. How did it affect his fitness journey?
3. Share a personal experience or story of someone you know who went through a significant transformation in terms of health and fitness. What motivated them, and how did it change their life?
4. In your opinion, why do you think people often procrastinate or hesitate to start a fitness journey, even if they know it's good for them?

