

Jordan

Lifelong Practitioner

Jordan's here to get better at something forever.

BIG FIVE

Openness

strong



75

Conscientiousness

low



31

Extraversion

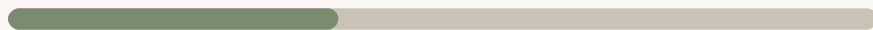
minimal



13

Agreeableness

low



38

Neuroticism

minimal



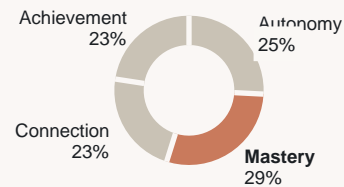
19

HOW JORDAN CONNECTS

Anxious-Preoccupied

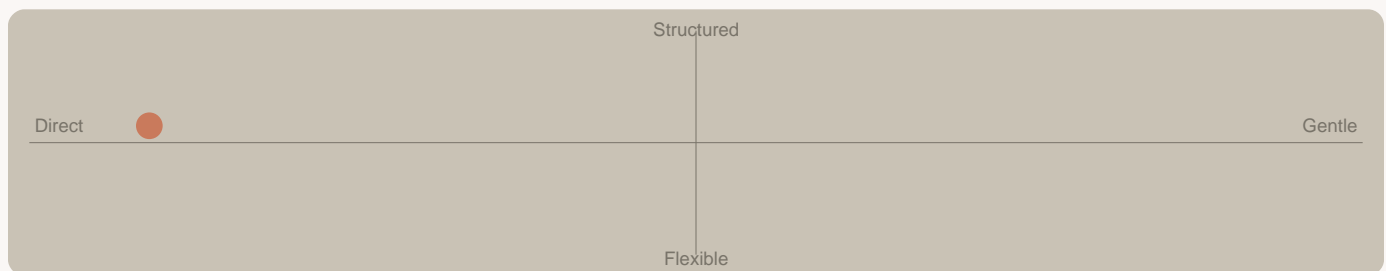
Wants closeness, reads silence as distance, needs reassurance.

WHAT DRIVES JORDAN

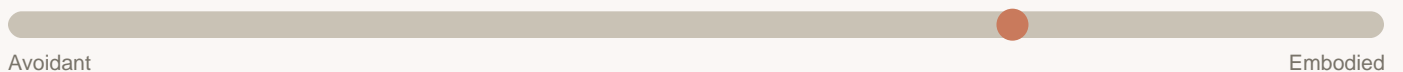


Pulled forward most by mastery.

How Jordan likes to communicate



JORDAN'S BODY AND MOVEMENT



HOW TO WORK WITH ME:

Give Jordan a flexible framework and check in regularly without waiting for him to ask.

HOW I'M MOTIVATED:

He wants to understand how his body works and get better over time.

RED FLAGS:

He'll go quiet or stop logging before he'll say he's struggling.

Jordan's Read

Jordan is a mastery-primary client (4.50/5) with very low neuroticism (19th percentile) and high openness (75th percentile). That combination shows up in the gym as curiosity without anxiety. He'll ask why you're programming a tempo squat instead of a back squat, and he wants the biomechanical or adaptive reason, not a pep talk. When you cue him, he'll iterate across reps until he feels the target muscle or position. His embodiment score (73/100) and high body identity (4.50/5) mean he's already literate in his own movement. He's not afraid of load or novelty (kinesiophobia 2.00/5), so you can progress him when the movement quality is there.

His low conscientiousness (31st percentile) means he won't naturally log workouts, follow rigid rep schemes, or tick boxes. He'll show up and train hard, but don't expect unsolicited updates between sessions. His anxious-preoccupied attachment style creates a tension: he wants to know he's doing it right and that you're tracking him, but his very low extraversion (13th percentile) means he won't initiate that contact. He needs regular check-ins that he doesn't have to ask for. His low agreeableness (38th percentile) and high directness (4.67/5) mean he'll tell you if something doesn't feel right, but he won't soften it or guess at your reaction. Take his feedback literally. He came in with back pain, a goal to build muscle safely as he ages, and an old shoulder injury that's currently quiet. He's done well training solo but wants accountability now, which tells you he knows his weak spot.

Strengths to Lean On

Jordan's emotional stability (very low neuroticism) and mastery orientation let you coach technique and progression without managing his mood. He won't catastrophize a tweak or missed lift. His high openness and embodiment mean he'll engage with movement prep, positional drills, and accessory work if you explain the goal. You can program variety and he'll stay curious. His directness is a gift: if his back or shoulder flares, he'll name it. If a cue doesn't land, he'll say so. His low kinesiophobia and high body identity mean he's not afraid of barbell work or higher intensities when the movement is sound. He's built to train for decades if you help him stay consistent.

Patterns to Watch

When Jordan drifts, he goes quiet. His low conscientiousness and introversion mean he won't announce a problem or ask for a reschedule. He'll just stop responding to check-ins or show up less. His anxious attachment means he cares that you notice, so reach out early if he misses a session or a text thread dies. He may also tinker with your programming in ways that feel like mastery-seeking to him but scatter the training stimulus. If you see unexplained substitutions or added volume, name it directly and explain the cost. He won't take offense. When he's out of alignment, he reverts to solo mode, which worked before but won't solve the back pain or build the muscle he wants now.

First Session

OPENERS

1. Walk me through what your solo training looked like before this, and what made you decide to bring someone else in now.
2. Show me where your back pain shows up. What movements or positions trigger it, and what makes it settle?
3. Tell me about the shoulder injury. What does 'cranky' look like when it flares, and what have you learned keeps it calm?

WATCH FOR

- Notice whether he asks questions about why you're choosing certain movements or positions. That curiosity is his mastery drive and you want to feed it.
- Watch how he responds to form cues. He's highly embodied, so he'll iterate across reps if the cue lands. If he doesn't, the cue itself may need adjusting.
- Track his baseline movement quality and any compensation patterns around his back or shoulder, but don't overreact. His low neuroticism means he won't, and you matching his calm will build trust.

Programming & Accountability

PROGRAMMING STYLE

Jordan needs a flexible framework, not a rigid prescription. His low conscientiousness (31st percentile) means he won't follow a detailed program just because it's written, but his moderate structure preference (3.33/5) and mastery drive (4.50/5) mean he wants a clear training goal with room to adapt. Give him movement categories and rep ranges rather than exact exercises. For example, 'hinge variation, 3 sets of 6-8' lets him choose between RDL and single-leg depending on how his back feels that day. Lock in the non-negotiables around his back and shoulder health by explaining why they matter, not by making them sound optional.

ACCOUNTABILITY FORMAT

Jordan wants regular check-ins but won't initiate them. His anxious-preoccupied attachment and stated need for accountability mean he's looking for structure from you, but his very low extraversion (13th percentile) and low conscientiousness (31st percentile) mean he won't naturally send updates. Weekly text check-ins work best if you send the first message. Ask what went well, what hurt, what he noticed. Skip daily logging or detailed tracking. He won't sustain it and it will feel like surveillance. Results-only updates (weight on the bar, how the back felt) build rapport without adding friction.

PLATEAU RESPONSE

Jordan won't announce a plateau. His low neuroticism means he doesn't panic, and his anxious attachment paired with introversion means he'll wait for you to notice before he says anything. Watch for behavior change instead: slower replies, missed sessions, or vague answers in check-ins. When you spot stalling, reframe the next block as building a new capacity rather than chasing a number. His mastery

orientation will reengage if you shift from performance to process. Deloads and recovery weeks need to be framed as skill work or movement quality phases. If you call it a break, his low conscientiousness will turn it into drift.

WHEN TO PUSH, WHEN TO BACK OFF

You can push Jordan hard on movement quality, load progression, and technical feedback. His very low neuroticism (19th percentile), high directness (4.67/5), and low kinesiophobia (2.00/5) mean he won't take correction personally or avoid challenge. If his form breaks down or his back position shifts, name it immediately and he'll adjust without defensiveness. Back off on social or motivational pressure. He's not energized by hype, group training, or external accountability that feels performative. His very low extraversion means those strategies will drain him. Give him the plan, explain the reasoning, check in consistently, and let him execute without an audience.

WHAT TO TRACK (THAT JORDAN WILL ACTUALLY LOOK AT)

Jordan will engage with process and mastery metrics, not detailed outcome logging. His mastery motivation (4.50/5) and low conscientiousness (31st percentile) mean he'll notice whether a cue improved his positioning or whether his back stayed quiet through a session, but he won't log reps and sets consistently. Track load progression and movement quality yourself during sessions. Between sessions, ask him to note how his back and shoulder feel, not weights or reps. Skip adherence tracking, mood logs, or daily habits. He won't fill them out and nagging about it will erode the accountability you're building. Focus on what changes in the movement, not what he writes down.

Connection Callouts

- If Jordan starts skipping check-ins or logs, reach out directly within 48 hours. His anxious attachment means he's waiting for you to notice, and his introversion means he won't initiate. A simple 'Hey, haven't heard from you, what's up?' resets the thread.
- When you see him substitute an exercise or add volume, ask him what he was going for before you correct it. His mastery drive is probably behind it, and if you redirect without understanding his intent, he'll feel micromanaged. Name the trade-off, let him choose.
- Explain the why behind tempo work, pause reps, or deloads. His low conscientiousness means he won't follow a plan just because it's written down, but his high openness and mastery focus mean he'll lock in if he understands the adaptation you're chasing.
- Use his back pain and shoulder history as teaching opportunities, not limitations. His low kinesiophobia and high body identity mean he's not afraid of load. Show him how to self-assess, adjust, and progress safely, and you'll build the autonomy he wants.
- If he's grinding through a plateau, frame the next phase as a skill or capacity to build rather than a number to hit. His mastery motivation will reengage if you shift the target from performance to process.

Reading This Report: Quick Reference

BIG FIVE — percentiles vs. other adults; 50 is average, not a grade.

- **Openness:** appetite for novelty. Low scorers trust proven approaches.
- **Conscientiousness:** discipline and follow-through. Low scorers do better with outside structure.
- **Extraversion:** energized by people. Low scorers recharge alone.
- **Agreeableness:** accommodates others. Low scorers are blunt and competitive.
- **Neuroticism:** emotional reactivity to stress. Low scorers stay even-keeled.

ATTACHMENT STYLE —how they handle closeness and dependence.

- **Secure:** comfortable with closeness and independence.
- **Anxious-Preoccupied:** seeks reassurance; reads distance as rejection.
- **Dismissive-Avoidant:** self-reliant; won't ask for help.
- **Fearful-Avoidant:** wants connection but wary of it; runs hot and cold.

MOTIVATION DRIVERS —relative pull; always totals 100%.

- **Achievement:** targets and measurable results.
- **Autonomy:** owning decisions; resists micromanagement.
- **Connection:** relationships and shared effort.
- **Mastery:** building skill for its own sake.

COMMUNICATION STYLE —Direct vs. Gentle: how blunt feedback should be. Structured vs. Flexible: set plan vs. room to improvise.

BODY AND MOVEMENT — Avoidant vs. Embodied: how tuned in they are to physical sensation.