

THE BODY MAP OF SUCCESS

THE CULTURAL PROBE

Participant Name:

TRANSFORMATION DESIGN B

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Designed by Jamie Fu

INTRO

MAP YOUR EFFORT, REWRITE SUCCESS

This booklet is
your workout diary
with stickers,
stories, and a twist.

Each day you'll train as usual, but with a small experiment: mark the muscles you trained with colored stickers, jot down how the session felt, and note the invisible efforts that often go unseen. At the end of the week, you'll step back and see your body map fill with color, revealing patterns of effort, mood, and meaning.

Throughout the process, **NO NEED PERFECT ANSWERS.**

The goal isn't to track numbers or performance, but to explore how success in the gym can mean many things—health, persistence, joy, learning, or simply showing up.

INSTRUCTIONS

STICKERS

Each day has its own color. After your workout, place the stickers on the muscle groups you trained. All stickers from the week will build up on the same spread, showing the overall pattern of your effort. (Follow your usual training routine—**NO NEED TO COME ALL 5 DAYS.**)

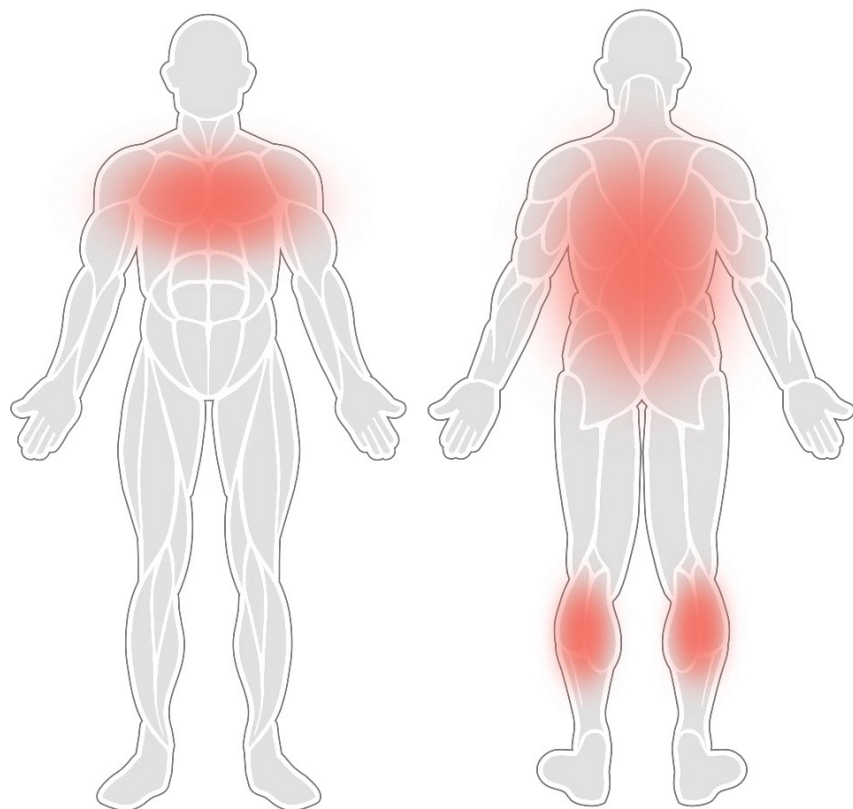
TRANING NOTES


Along with the stickers, rate your each session: how hard it felt, how you felt overall, and how much achievement and satisfaction you got. Jot down any “invisible effort” that mattered to you.

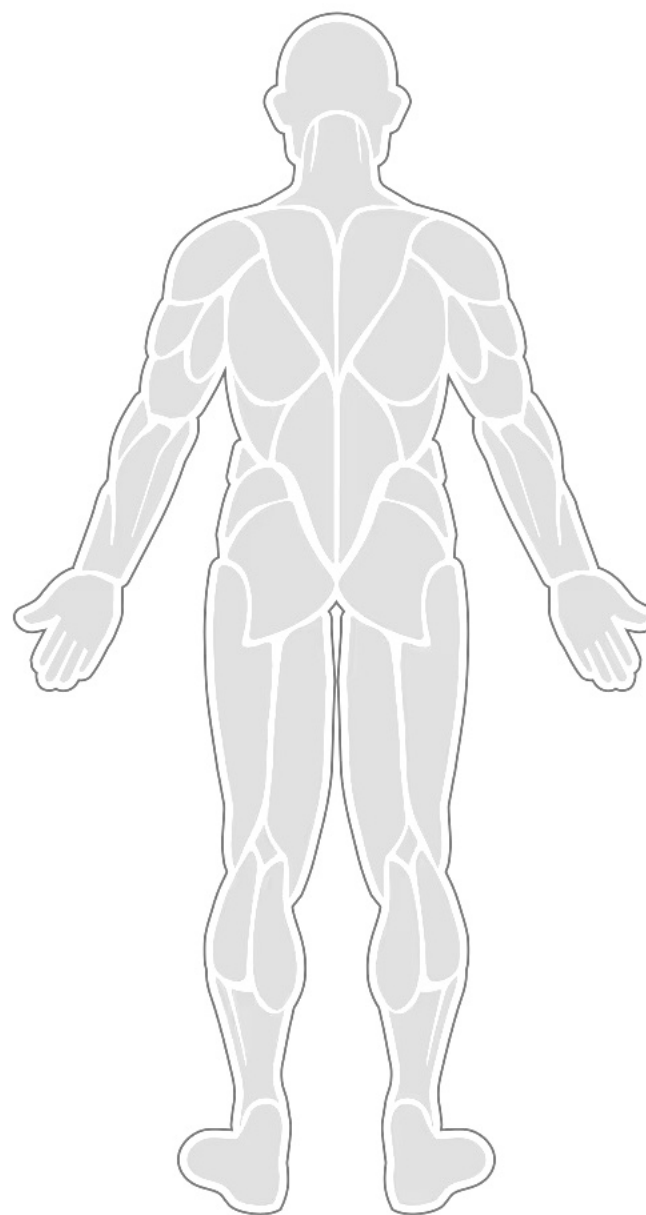
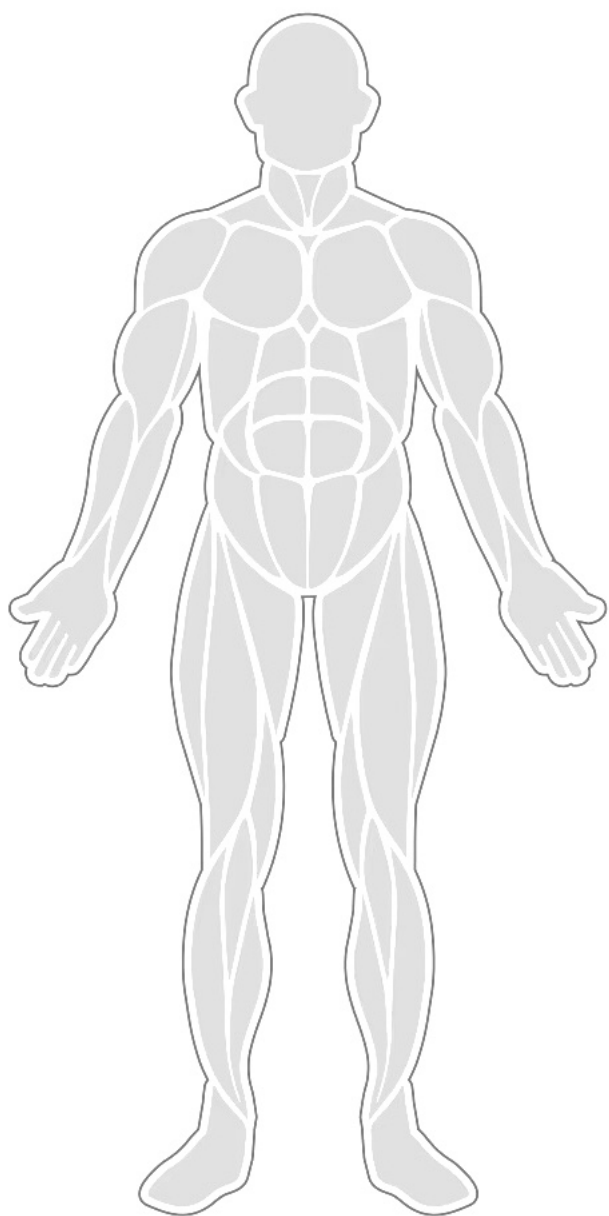
WEEKLY WRAPUP

At the end of the week, flip back through your map. Which days felt best, which were hardest, and what does “success” mean to you after all this?

Example:




DAY 1
DAY 2
DAY 3
DAY 4
DAY 5



Place & stack all your daily stickers on to this spread

DAY 1

BASIC INFO

Time (arrival – leaving)

What do you plan to work on today?

Today's motivation or small goal (e.g. relax, health, build muscle etc.)

EVALUATION DIMENSIONS

How hard did this session feel on your body?

Training Intensity



How did your body and mind feel throughout today's workout?

Overall State



Did you feel you accomplished or reached something today?

Sense of Achievement



If you are not doing so well, what influenced you most today? (Optional)

☐ Sleep ☐ Crowding ☐ Nutrition ☐ Hydration

☐ Mood ☐ Music ☐ Lighting ☐ Pain

☐ Other: _____

ENVIROMENT & SPACE

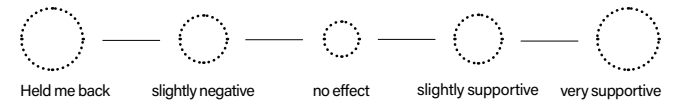
Was the gym crowded today?

☐ Empty ☐ Few people ☐ Crowded

Equipment availability

☐ Smooth ☐ Some Waiting ☐ Long Wait

Enviroment's affect on me



Did the gym's vibe help or hold back my workout today?

Space for anything you want to add or draw. (Optional)

DAY 2

BASIC INFO

Time (arrival – leaving)

What do you plan to work on today?

Today's motivation or small goal (e.g. relax, health, build muscle etc.)

EVALUATION DIMENSIONS

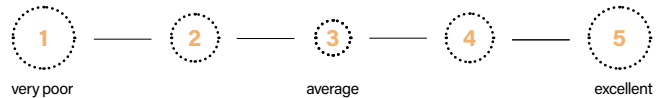
How hard did this session feel on your body?

Training Intensity



How did your body and mind feel throughout today's workout?

Overall State



Did you feel you accomplished or reached something today?

Sense of Achievement



If you are not doing so well, what influenced you most today? (Optional)

☐ Sleep ☐ Crowding ☐ Nutrition ☐ Hydration

☐ Mood ☐ Music ☐ Lighting ☐ Pain

☐ Other: _____

ENVIROMENT & SPACE

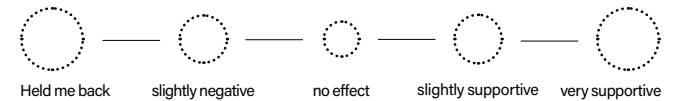
Was the gym crowded today?

☐ Empty ☐ Few people ☐ Crowded

Equipment availability

☐ Smooth ☐ Some Waiting ☐ Long Wait

Enviroment's affect on me



Did the gym's vibe help or hold back my workout today?

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DAY 3

BASIC INFO

Time (arrival – leaving)

What do you plan to work on today?

Today's motivation or small goal (e.g. relax, health, build muscle etc.)

EVALUATION DIMENSIONS

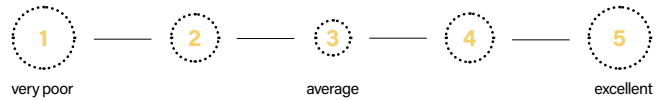
How hard did this session feel on your body?

Training Intensity



How did your body and mind feel throughout today's workout?

Overall State



Did you feel you accomplished or reached something today?

Sense of Achievement



If you are not doing so well, what influenced you most today? (Optional)

☐ Sleep ☐ Crowding ☐ Nutrition ☐ Hydration

☐ Mood ☐ Music ☐ Lighting ☐ Pain

☐ Other: _____

ENVIROMENT & SPACE

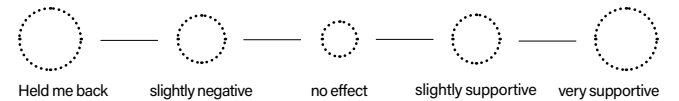
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Equipment availability

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Environment's affect on me



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Space for anything you want to add or draw. (Optional)

DAY 4

BASIC INFO

Time (arrival – leaving)

What do you plan to work on today?

Today's motivation or small goal (e.g. relax, health, build muscle etc.)

EVALUATION DIMENSIONS

How hard did this session feel on your body?

Training Intensity



How did your body and mind feel throughout today's workout?

Overall State



Did you feel you accomplished or reached something today?

Sense of Achievement



If you are not doing so well, what influenced you most today? (Optional)

☐ Sleep ☐ Crowding ☐ Nutrition ☐ Hydration

☐ Mood ☐ Music ☐ Lighting ☐ Pain

☐ Other: _____

ENVIROMENT & SPACE

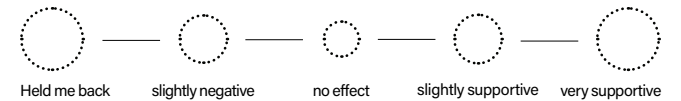
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Environment's affect on me



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DAY 5

BASIC INFO

Time (arrival – leaving)

What do you plan to work on today?

Today's motivation or small goal (e.g. relax, health, build muscle etc.)

EVALUATION DIMENSIONS

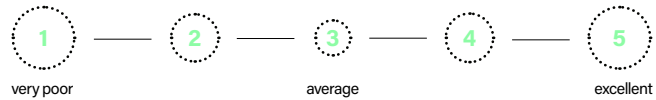
How hard did this session feel on your body?

Training Intensity



How did your body and mind feel throughout today's workout?

Overall State



Did you feel you accomplished or reached something today?

Sense of Achievement



If you are not doing so well, what influenced you most today? (Optional)

☐ Sleep ☐ Crowding ☐ Nutrition ☐ Hydration

☐ Mood ☐ Music ☐ Lighting ☐ Pain

☐ Other: _____

ENVIROMENT & SPACE

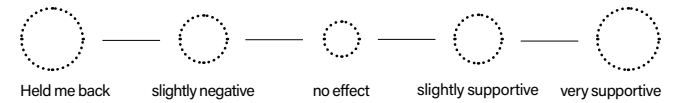
Was the gym crowded today?

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Enviroment's affect on me



Did the gym's vibe help or hold back my workout today?

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WEEKLY WRAPUP

70 YOUR DICTIONARY OF SUCCESS

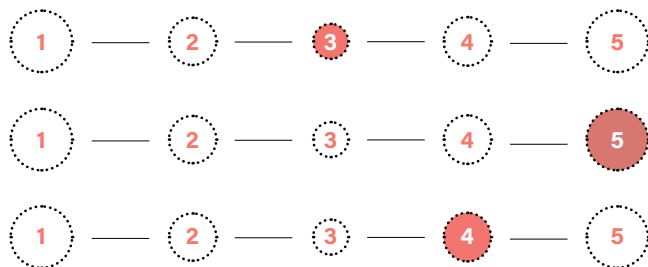
During this cycle, what felt like success for you?
(Choose as many as you like)

- ☐ Health ☐ Happiness ☐ Showing up
- ☐ Energy boost ☐ Pain management ☐ Better sleep
- ☐ Stress relief ☐ Recovery ☐ Self-discipline
- ☐ Building Muscle ☐ Relax ☐ Supporting others
- ☐ Other: _____

45 SCORE OVERVIEW

Add up your 3 evaluation dimensions' number
(**Training Intensity**, **Overall State**, **Sense of Achievement**)
for all the days you trained, and draw a line on the left side of the page.

For example:



3+5+4=12 (for this day)

ADD UP ALL THE DAYS you documented to get the final number.

15 REFLECTION

Looking at the line you drew, what do you think of this score?
