KANTÉ SPORT TRAINING

GYM PRESENCE - HONEST SELF-ASSESSMENT

A clear purpose beats performing for other people.

SESSION DETAILS

Date / Datum: _____ Place / Plaats: _____

Before (energy 0-10): _____ After: _____ Time / Duur: _____ minutes

1 WHY AM I HERE? / WAAROM BEN IK HIER?

Check all that actually fit today. No correct or incorrect answer.

- ☐ Cardio / endurance
- ☐ Skill / coordination
- ☐ Self-confidence
- ☐ Mental calm / joy
- ☐ Social attention
- ☐ Discipline / routine

2 THE PRACTICE / DE OEFENING

- ☐ 20 min mindful treadmill - alert, safe pace, eyes open
- ☐ Afterward: dance / stretch / move with freedom
- ☐ Optional: 20 min spiritual reflection away from moving machines
- ☐ Put the phone away; respect others and listen to your body

3 HONEST SCORECARD / EERLIJKE SCORE (0-10)

Presence - less phone, more attention	____ /10
Skill - balance, coordination, movement	____ /10
Cardio - appropriate effort, stamina	____ /10
Confidence - self-respect without comparison	____ /10
Body awareness - feet, breath, fatigue	____ /10
Enjoyment - freedom, music, gratitude	____ /10

4 HONEST REFLECTION / OPRECHTE REFLECTIE

Did I train for myself, or was I hoping for an audience?

What did I actually improve? (not what I wish I had improved)

One small action for my next training session:

REMEMBER

Strong emotion can be redirected into movement or creativity. This is a personal practice, not a medical law.

If dizzy, sleepy or in pain, stop and rest. The score is for self-reflection, not diagnosis or ranking others.

RUN WITH PRESENCE - MOVE WITH JOY - DREAM WITH DISCIPLINE