

B	I	N	G	O
Self Paced Skill	Closed Skill	Golden Triangle	Output	Macronutrients
Extrinsic Feedback	Sedentary Lifestyle	Mesomorph	Commercialisation	Outcome Goals
SMART Targets	Sponsorship	FREE	Ectomorph	Input
Intrinsic Feedback	Performance Goals	Introvert	Indirect Aggression	Mechanical Guidance
Health	Endomorph	Obesity	Verbal Guidance	Extrovert

B	I	N	G	O
Sponsorship	Commercialisation	Output	Extrinsic Feedback	Mesomorph
Golden Triangle	Verbal Guidance	Macronutrients	Endomorph	Outcome Goals
Intrinsic Feedback	Ectomorph	FREE	Input	Closed Skill
Indirect Aggression	Obesity	Self Paced Skill	Extrovert	Performance Goals
Introvert	Mechanical Guidance	SMART Targets	Sedentary Lifestyle	Health

B	I	N	G	O
Endomorph	Obesity	Commercialisation	Mechanical Guidance	Ectomorph
Self Paced Skill	Intrinsic Feedback	Introvert	Sedentary Lifestyle	Macronutrients
SMART Targets	Extrovert	FREE	Performance Goals	Indirect Aggression
Sponsorship	Outcome Goals	Output	Verbal Guidance	Golden Triangle
Input	Closed Skill	Mesomorph	Extrinsic Feedback	Health