

RESEARCH on: *Diet Tips to Bulk Up FASTER*

What kind of people we are talking to:

Men or Women?

- Both men and women

Approximate Age range?

- They should be adult

Occupation?

- All type of Occupation

Income level?

- Every income level can get bulk with little money.

Geographical location?

- Geographical location doesn't matter

Painful Current State:

What are they afraid of?

- They are afraid of not gaining muscles. 86% want to get Bulk.

What are they angry about? Who are they angry at?

- They are angry at themselves because they are not getting bulk.
What are their top daily frustrations?

They are frustrated because most of them are not gaining muscle .

What are they embarrassed about?

- Most of them are embarrassed of being skinny.

How does dealing with their problems make them feel about themselves? - What do other people in their world think about them as a result of these problems?

- They are super worried about themselves and want to bulk up. They are reading books, taking video lectures and eating high calorie foods. They don't care what other people think about them.

If they were to describe their problems and frustrations to a friend over

dinner, what would they say?

- They are talking about gains of masculinity and specifically about getting **BULK** all the time.

Desirable Dream State:

If they could wave a magic wand at their life and change it immediately into whatever they want, what would it look like and feel like?

- If they get perfect physical fitness they will feel super because they will achieve their bulking desire.

Who do they want to impress?

- They don't want to impress anybody, they want to do it for himself.

How would they feel about themselves if they were living in their dream state? - What do they secretly desire most?

- They will feel super cool because they are grinding themselves to achieve perfect physical fitness and if they get that they will feel good enough and actually they want to bulk.

If they were to describe their dreams and desires to a friend over dinner, what would they say?

- They will say that they want to get bulk most of them will share their ideas to get bulk.

Values and Beliefs:

What do they currently believe is true about themselves and the problems they face?

- They believe that they can Bulk their physics and the problem is that they cannot achieve Bulk although they have applied many ways.

Who do they blame for their current problems and frustrations?

- Most of them cannot take control of their diet and they are not getting control of their weekend diet.

Have they tried to solve the problem before and failed? Why do they think they failed in the past?

- Most of them have applied many ways to achieve Bulk but they couldn't , But they failed because of over eating and taking the wrong diet.

How do they evaluate and decide if a solution is going to work or not?

- They decide that the solution will work by reading books , watching youtube videos and many other ways.

What figures or brands in the space do they respect and why?

- Most of them respect natural diets, some of them follow different youtube and social media trainers.

What character traits do they value in themselves and others?

- They want themselves and others to be physically and mentally strong. They want to become the best versions.



What trends in the market are they aware of? What do they think about these trends?

- They don't want to see themselves skinny and they want other and themselves to be strong physically and mentally

Reporting to Sir Andrew:

Professor this is Asad Ali. According to your amazing lecture about how to research, I have followed every single thing and I grab all the information from **YOUTUBE** , **REDDIT** , and From **AMAZON.com** by reading comments and watching videos. I hope that I am going well. Please make a comment on this research.