

PERSONAL CRAZINESS INDEX

PCI CHART

Determine your seven key signs of personal craziness. If you accomplish your goal on the day in question, place a checkmark in the appropriate box. If you do NOT accomplish your goal on the day in question, place a "1" or "X" in the appropriate box. At the end of the week, total the number of items not accomplished and place the number at the bottom of the column.

Cumulative graphs that track your weekly progress for the entire 12 weeks can be found on the last page of this document.

Areas of Concern

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

NOTE: I will complete my PCI at this time each day. My time is _____

Week 1

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 2

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 3

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 4

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 5

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 6

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 7

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 8

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 9

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 10

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 11

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Week 12

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTAL							

Note: Cumulative graphs are found below.

Week 

DAY WEEK	1	2	3	4	5	6	7	8	9	10	11	12
Sunday												
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
TOTAL												

PCI GRAPH Week 1 2 3 4 5 6 7 8 9 10 11 12

50																			
	Very High Risk	48																	
		46																	
		44																	
		42																	
40																			
	High Risk	38																	
		36																	
		34																	
		32																	
30																			
	Medium Risk	28																	
		26																	
		24																	
		22																	
20																			
	Stable Solidity	18																	
		16																	
		14																	
		12																	
10																			
	Optimum Health	8																	
		6																	
		4																	
		2																	

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