

# Step Six Worksheet

## Personal Crazyiness Index (PCI)

### *Step 6—Worksheet 1*

Determine your seven key signs of personal crazyiness. 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.

The last page of this document contains cumulative graphs that track your weekly progress for the entire 12 weeks.

### Areas of Concern

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

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

### Week 1

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TOTAL</b>							

## 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**

Tracking 

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											
0												