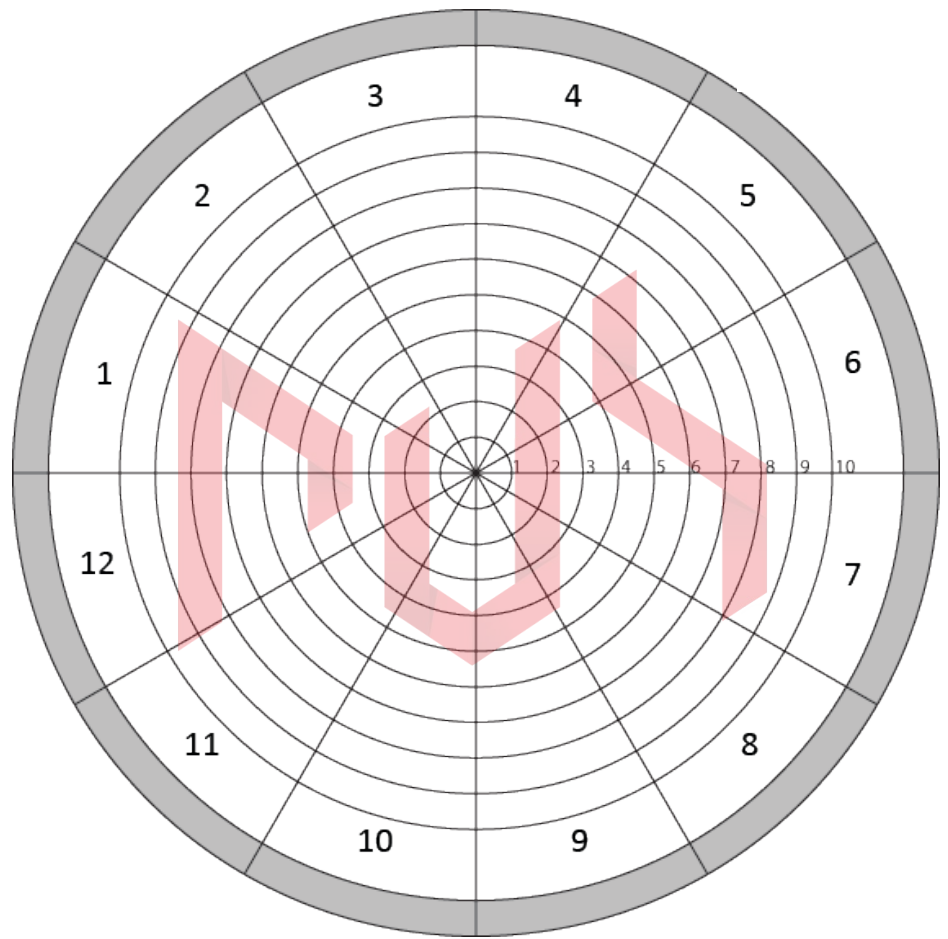


Directions:

1. Write down three areas of focus for each pillar of performance in the physical column.
2. Copy the names to the corresponding number in the wheel.
3. Think back to your best performance and rate each factor on a scale from 1-10, ten being the best possible score.
4. Record the numbers to the corresponding line on the wheel.
5. Each week, record your number in the appropriate column as well as on the wheel.



Factors	Ranking				
	Date: _____ _____	Date: _____ _____	Date: _____ _____	Date: _____ _____	Date: _____ _____
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					