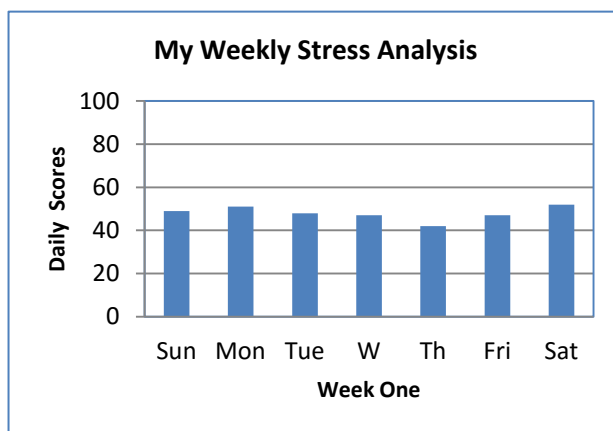


Week one

Category	Sun	Mon	Tue	Wed	Thr	Fri	Sat	Ave
Energy Level	4	5	5	5	4	4	5	4.6
Emotional	4	6	5	5	5	5	7	5.3
Mental Focus	5	5	5	5	4	5	6	5.0
Spiritual	6	5	5	6	5	5	6	5.4
Occupation	6	4	4	4	2	4	4	4.0
Relationships	6	6	6	4	4	6	5	5.3
Internal State	5	6	5	5	6	6	6	5.6
Personal State	2	2	2	2	2	2	2	2.0
Inward State	4	6	6	5	5	4	5	5.0
Present State	7	6	5	6	5	6	6	5.9
Daily Total	49	51	48	47	42	47	52	

Week one



Daily Scores

0 - 59	60 - 69	70 - 79	80 - 89	90-100

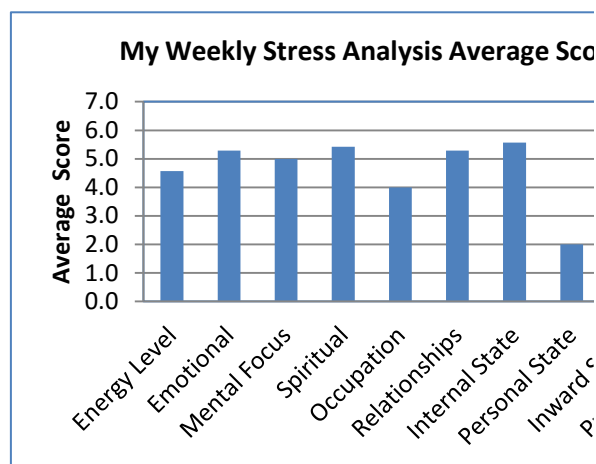
Component Scores

1 - 4	
5 - 7	
8 - 10	

WK 1

Energy Level	4.6
Emotional	5.3
Mental Focus	5.0
Spiritual	5.4
Occupation	4.0
Relationships	5.3
Internal State	5.6
Personal State	2.0
Inward State	5.0
Present State	5.9
Average	4.8

Sun	Mon	Tue	W	Th	Fri	Sat
49	51	48	47	42	47	52



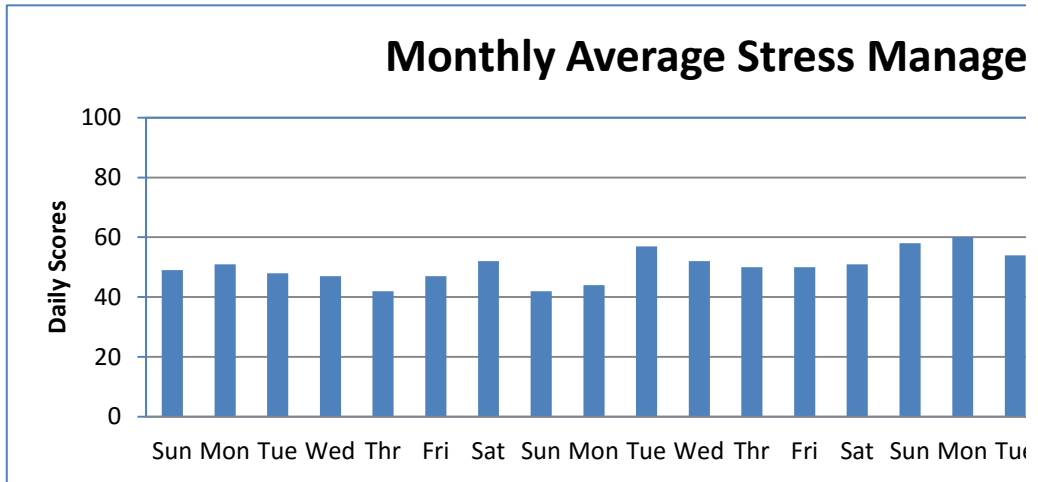
Category	Sun	Mon	Tue	Wed	Thr	Fri	Sat	Sun	Mon	Tue	Wed	Thr	Fri	Sat	Sun	Mon	Tue	Wed	Thr
Energy Level	4	5	5	5	4	4	5	5	4	6	6	6	4	6	6	7	5	5	5
Emotional	4	6	5	5	5	5	7	4	4	6	4	5	6	6	6	6	5	5	6
Mental Focus	5	5	5	5	4	5	6	5	5	6	6	5	5	6	6	6	5	5	6
Spiritual	6	5	5	6	5	5	6	6	6	6	6	6	6	5	6	6	6	6	6
Occupation	6	4	4	4	2	4	4	3	3	5	4	3	3	3	5	5	4	4	4
Relationships	6	6	6	4	4	6	5	4	5	6	5	5	7	5	5	6	7	6	5
Internal State	5	6	5	5	6	6	6	5	5	6	5	5	5	6	6	6	7	6	6
Personal State	2	2	2	2	2	2	2	2	2	4	4	3	3	3	6	6	3	4	5
Inward State	4	6	6	5	5	4	5	4	5	5	5	5	5	5	6	6	6	6	5
Present State	7	6	5	6	5	6	6	4	5	7	7	7	6	6	6	6	6	6	6
Total	49	51	48	47	42	47	52	42	44	57	52	50	50	51	58	60	54	53	54

Daily Scores

0 - 59		60 - 69		70 - 79		80 - 89	
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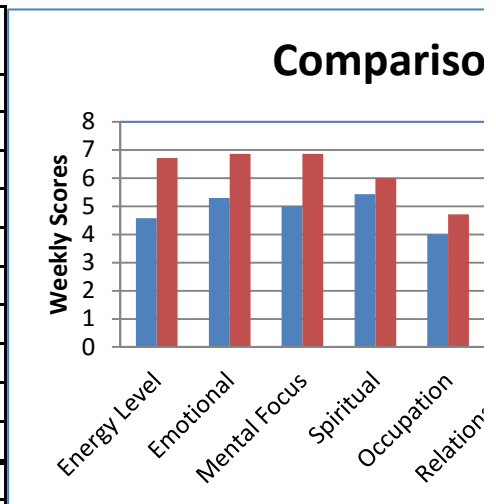
Day of Week	Sun	Mon	Tue	Wed	Thr	Fri	Sat	Sun	Mon	Tue	Wed	Thr	Fri	Sat	Sun	Mon	Tue	Wed	Thr
Daily Total	49	51	48	47	42	47	52	42	44	57	52	50	50	51	58	60	54	53	54

Energy Level	5.6
Emotional	5.8
Mental Focus	5.8
Spiritual	5.8
Occupation	4.1
Relationships	5.6
Internal State	6.0
Personal State	3.9
Inward State	5.4
Present State	6.2
Average	4.5



Component	Wk 1	Wk 4	Wk 1-4	% +
Energy Level	4.6	6.7	1.0	214%
Emotional	5.3	6.9	0.5	157%
Mental Focus	5	6.9	0.8	186%
Spiritual	5.4	6.0	0.4	57%
Occupation	4	4.7	0.1	71%
Relationships	5.3	6.3	0.3	100%
Internal State	5.6	6.7	0.4	114%
Personal State	2	5.4	1.9	343%
Inward State	5	5.9	0.4	86%
Present State	5.9	7.0	0.3	114%
Average	4.8	6.2	0.5	144%

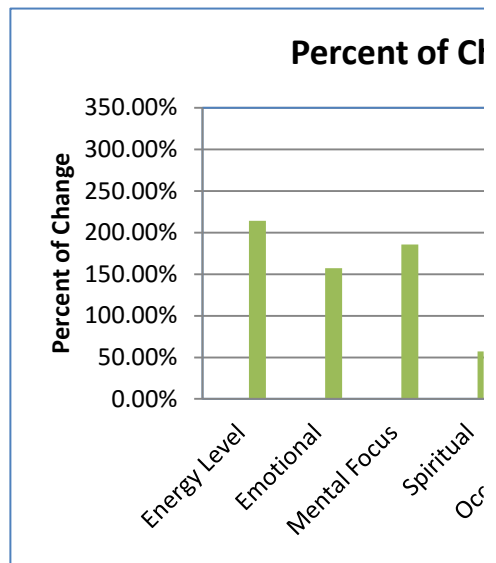
Component	% +
Energy Level	214%
Emotional	157%
Mental Focus	186%
Spiritual	57%
Occupation	71%
Relationships	100%
Internal State	114%
Personal State	343%
Inward State	86%
Present State	114%
Average	144%

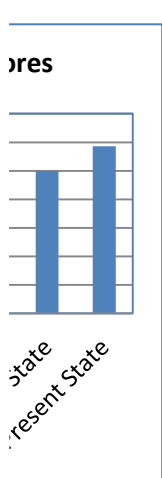


% Improvement

-10% - 3%	Red
4% - 9%	Yellow
10% +	Green

0 - 4	Red
5 - 7	Yellow
8 - 10	Green





WK 4

Energy Level	6.7
Emotional	6.9
Mental Focus	6.9
Spiritual	6.0
Occupation	4.7
Relationships	6.3
Internal State	6.7
Personal State	5.4
Inward State	5.9
Present State	7.0
Average	6.2

Fri	Sat	Sun	Mo	Tue	Wed	Thr	Fri	Sat	Ave	Wk 1-4	% +
6	6	6	6	7	6	7	7	8	5.6	1.0	13%
6	7	6	7	6	7	7	8	7	5.8	0.5	6%
5	7	6	7	6	7	7	7	8	5.8	0.8	9%
6	6	6	6	5	6	6	6	7	5.8	0.4	5%
4	4	4	5	4	5	5	5	5	4.1	0.1	1%
5	5	6	5	6	7	6	7	7	5.6	0.3	4%
6	7	6	7	6	7	7	7	7	6.0	0.4	5%
5	6	6	6	5	4	5	6	6	3.9	1.9	23%
5	6	6	5	6	6	7	6	5	5.4	0.4	4%
5	6	6	6	7	7	8	7	8	6.2	0.3	4%
53	60	58	60	58	62	65	66	68	4.5	0.5	6%

% Improvement

-10% - 3%	Red
4% - 9%	Yellow
10% +	Green

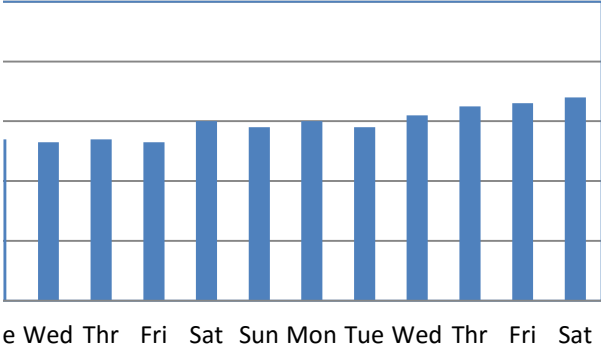
90 - 100 Green

Component Scores

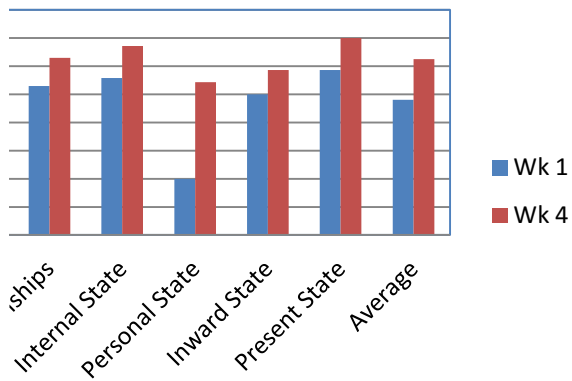
0 - 4	Red
5 - 7	Yellow
8 - 10	Green

Fri	Sat	Sun	Mo	Tue	Wed	Thr	Fri	Sat	Ave	Wk 1-4	% +
53	60	58	60	58	62	65	66	68	4.5	0.5	6%

ement Scores



on of Week 1 & 4



hange from Wk 1 - 4

