

# Personal Crazyiness Index (PCI) Tracking Sheet

Client name: \_\_\_\_\_

|                              | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| Sunday                       |        |        |        |        |        |        |        |        |        |         |         |         |
| Monday                       |        |        |        |        |        |        |        |        |        |         |         |         |
| Tuesday                      |        |        |        |        |        |        |        |        |        |         |         |         |
| Wednesday                    |        |        |        |        |        |        |        |        |        |         |         |         |
| Thursday                     |        |        |        |        |        |        |        |        |        |         |         |         |
| Friday                       |        |        |        |        |        |        |        |        |        |         |         |         |
| Saturday                     |        |        |        |        |        |        |        |        |        |         |         |         |
| Weekly PCI Total             |        |        |        |        |        |        |        |        |        |         |         |         |
| Interpretation of the number |        |        |        |        |        |        |        |        |        |         |         |         |

**My 7 Key Signs of Personal Crazyiness (Build-up Warning Signs)**

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

**Interpretation of the PCI numbers**

If the numbers are from **0-9**, that means you are **Healthy**  
 If the numbers are from **10-19**, that means you are **Stable**  
 If the numbers are from **20-29**, that means you are **On the Edge**  
 If the numbers are from **30-39**, that means you are **Falling**  
 If the numbers are from **40-49**, that means you are **Over the Edge**

