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| **Personal Craziness Index (PCI) Tracking Sheet 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 Craziness (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** | | | | | | |