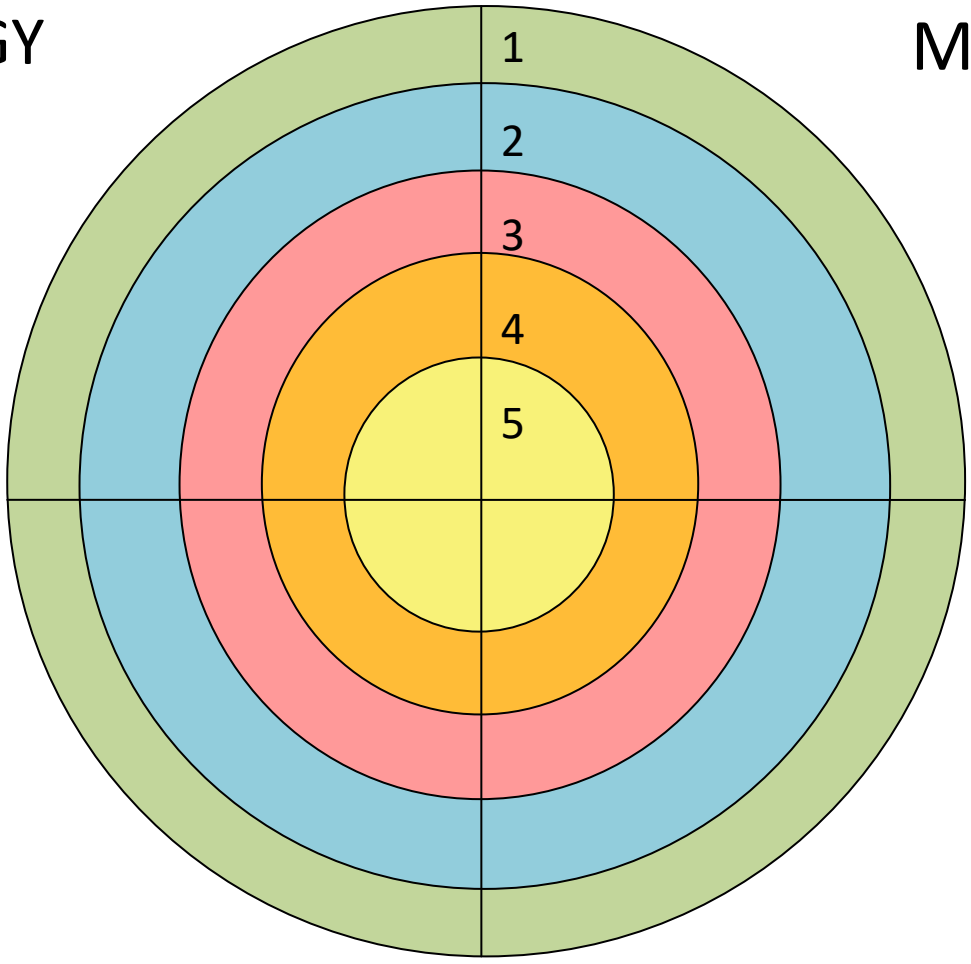
14 Day Circle of LIFE

Simply place an **X** in the 4 quadrant space of each emotion on the 1st day of this challenge. On day 13 or 14 repeat with a **Y**.

Scale: (Low) 1.....5 (Great)

ENERGY

MOOD



STRENGTH

FLEXIBILITY

ACTIVE LIFE FOREVER