Achievement DYNAMICS INSTITUTE

Health / Fitness

Name:_____Date:_____

Power Line

	Importance Level (1-10)	Effectiveness Level (1-10)	Power Gap (1-10)
Focus Area Score	0	0	0
Clear Goals / Objectives			0
Positive Perspectives			0
Consistent Exercise			0
Balanced Eating			0
Low Calorie Eating			0
Low Fat Eating			0
Low Salt Eating			0
Nutritional Supplements			0
Nurture / Self-Care			0
Energy / Vitality			0
Support of Friends			0
Rest / Relaxation			0
Physical Check-ups			0
Daily Physical Activity			0
Cardio Exercise			0
Weight Resistance			0
Stretching and Flexibility			0
			0
			0
			0

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