





For each discipline rank yourself by placing a cross in each segment, The better or more confident you are the more toward the outside of the circle you go, outside blue is confident or skilled, outside white is competent, green is an area of improvement, inside white is a comparative weakness

Then simply join the dots or 'x's to create a pattern like that on the right; this one indicates a comparative weakness in the swim and run, and might indicate areas to improve in your training schedule or with a coach.

