Physical

Day In Cycle	Code	Status	3.75 = AVG Value
1	+ ↑	Low	2.00
2	+ ↑	Avg -	3.00
3	+ ↑	Avg	4.50
4	+ ↑	Avg +	6.00
5	+ ↑	High	7.00
6	+ (Apex)	High	7.50
7	+ ↓	High	7.00
8	+ ↓	Avg +	6.00
9	+ ↓	Avg	4.50
10	+ ↓	Avg -	3.00
11	+ ↓	Low	2.00
12	CRITICAL		NA
13	- ↓	Low	1.00
14	- ↓	Avg -	2.00
15	- ↓	Avg	3.00
16	- ↓	Avg +	4.50
17	- ↓ (Nadir)	Hi	5.00
18	- ↑ (Nadir)	Hi	5.00
		Avg +	
19	- ↑		4.50
20	- ↑	Avg	3.00
21	- ↑	Avg -	2.00
22	- ↑	Low	1.00
23	CRITICAL		NA

Emotional

Day In Cycle	Code	Status	3.75 = AVG Value
1	+ ↑	Low	2.00
2	+ ↑	Low	2.00
3	+ ↑	Avg -	3.00
4	+ ↑	Avg	4.50
5	+ ↑	Avg	4.50
6	+ ↑	Avg +	6.00
7	+ ↑	High	7.00
8	+ (Apex)	High	7.50
9	+ ↓	High	7.00
10	+ ↓	Avg +	6.00
11	+ ↓	Avg	4.50
12	+ ↓	Avg	4.50
13	+ ↓	Avg -	3.00
14	+ ↓	Low	2.00
15	CRITICAL		NA
16	- ↓	Low	1.00
17	- ↓	Avg -	2.00
18	- ↓	Avg	3.00
		Avg	
19	- ↓		3.00
20	- ↓	Avg +	4.50
21	- (Nadir)	High	5.00
22	- (Nadir)	High	5.00
23	- ↑	Avg +	4.50
24	- ↑	Avg	3.00
25	- ↑	Avg	3.00
26	- ↑	Avg -	2.00
27	- ↑	Low	1.00
28	CRITICAL		NA

Intellectual

Day In Cycle	Code	Status	3.75 = AVG Value
1	+ ↑	Low	2.00
2	+ ↑	Low	2.00
3	+ ↑	Avg -	3.00
4	+ ↑	Avg -	3.00
5	+ ↑	Avg	4.50
6	+ ↑	Avg	4.50
7	+ ↑	Avg +	6.00
8	+ ↑	High	7.00
9	+ (Apex)	High	7.50
10	+ ↓	High	7.00
11	+ ↓	Avg +	6.00
12	+ ↓	Avg	4.50
13	+ ↓	Avg	4.50
14	+ ↓	Avg -	3.00
15	+ ↓	Avg -	3.00
16	+ ↓	Low	2.00
17	CRITICAL		NA
18	- ↓	Low	1.00
		Low	
19	- ↓		1.00
20	- ↓	Avg -	2.00
21	- ↓	Avg -	2.00
22	- ↓	Avg	3.00
23	- ↓	Avg	3.00
24	- ↓ (Nadir)	Avg +	4.50
25	- ↓ (Nadir)	High	5.00
26	- ↑	High	5.00
27	- ↑	Avg +	4.50
28	- ↑	Avg	3.00
29	- ↑	Avg	3.00
30	- ↑	Avg -	2.00
31	- ↑	Avg -	2.00
32	- ↑	Low	1.00
33	CRITICAL		NA

↑   Up arrow   = 1 PEP Point
+   = 1 PEP Point
High   = 2 PEP Points
Apex   = 1 PEP Point
Critical   = 1 PEP Point