UpRight Movement | Defy Gravity

PERSONAL SUCCESS METER

■ = 0-40 ■ = 50-70 ■ = 80-100

Pain Level
(HIGH) **0 1 2 3 4 5 6 7 8 9 10** (LOW)

Injury Recovery
(SLOW) **0 1 2 3 4 5 6 7 8 9 10** (FAST)

Sleep Quality
(LOW) **0 1 2 3 4 5 6 7 8 9 10** (HIGH)

Energy
(LOW) **0 1 2 3 4 5 6 7 8 9 10** (HIGH)

FEEL BETTER • MOVE BETTER • PERFORM BETTER

Mood
(LOW) **0 1 2 3 4 5 6 7 8 9 10** (NORMAL)

Appetite
(ATYPICAL) **0 1 2 3 4 5 6 7 8 9 10** (NORMAL)

Libido
(LOW) **0 1 2 3 4 5 6 7 8 9 10** (NORMAL)

Mental Clarity
(LOW) **0 1 2 3 4 5 6 7 8 9 10** (HIGH)

Social Engagement
(LOW) **0 1 2 3 4 5 6 7 8 9 10** (NORMAL)

Movement Quality
(POOR) **0 1 2 3 4 5 6 7 8 9 10** (FLUID)

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PERSONAL SUCCESS METER

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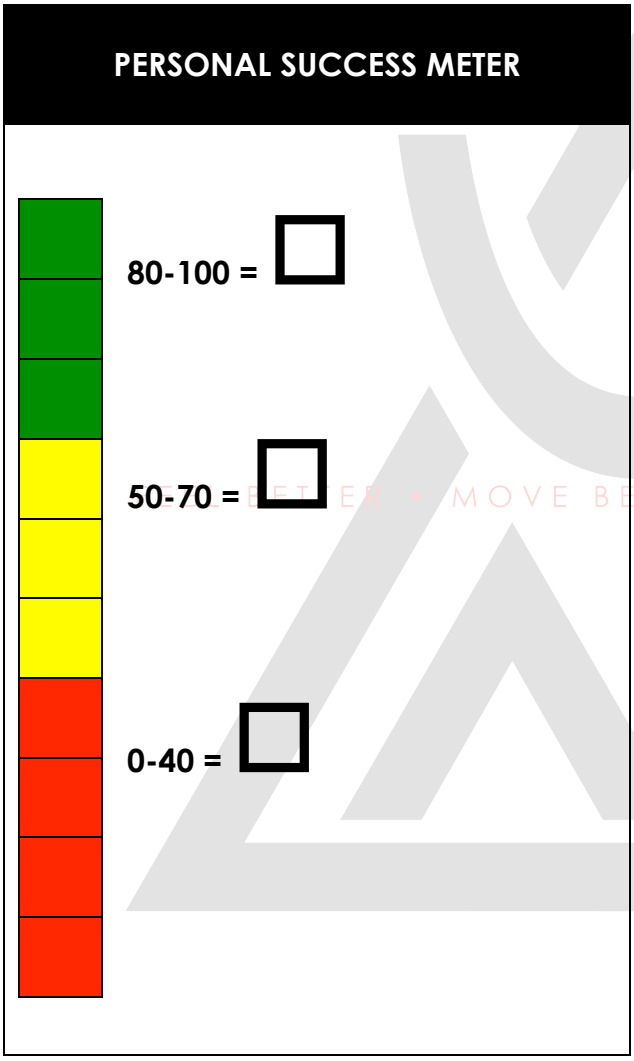

MOVE BETTER • PERFORM BETTER