

An Inspector Ross Pre-planning Tool

'Before' snapshot

Name: _____ Date: _____

Condition of Key Project(s):

Health & fitness _____

Figure/physique _____

Grooming & presentation _____

Typical mood _____

Relationships _____

Work satisfaction _____

Finances _____

Lifestyle/standard of living _____

Your 'something bigger' _____

Pictures of you & yours:

Pictures of your living quarters:

Pictures of pets, important possessions/creations, or any other progress markers: