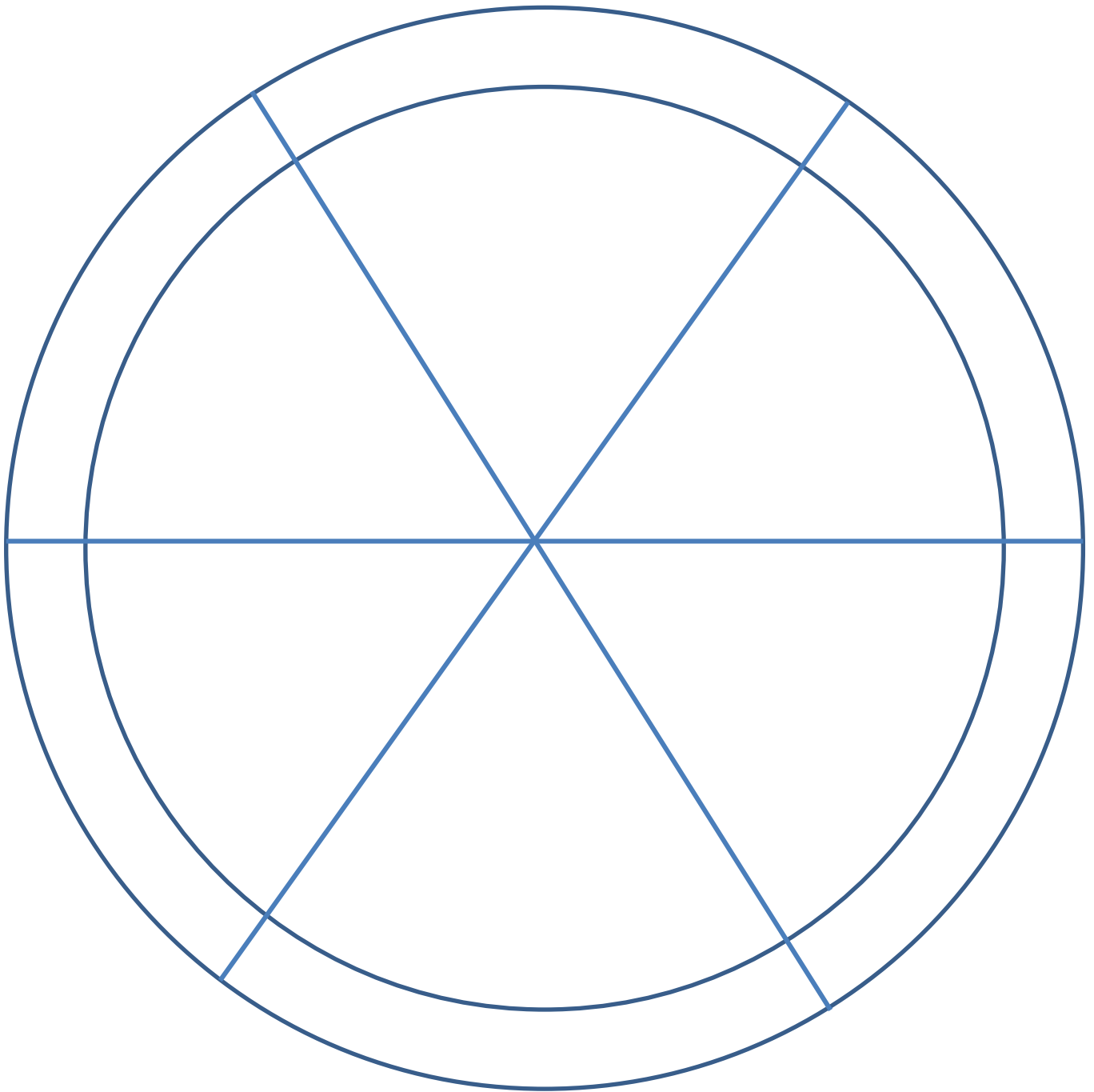


Profile Wheel



Use the wheel to show areas you need to work on most. Fill in the outer segments with a swimming focus eg Turns, Front Crawl and assess where you are in each segment where 0 is the centre and ten is the at the outer rim. Colour it in or use a line in each segment to give you a picture of what targets you need to set yourself. Keep track of your progress.