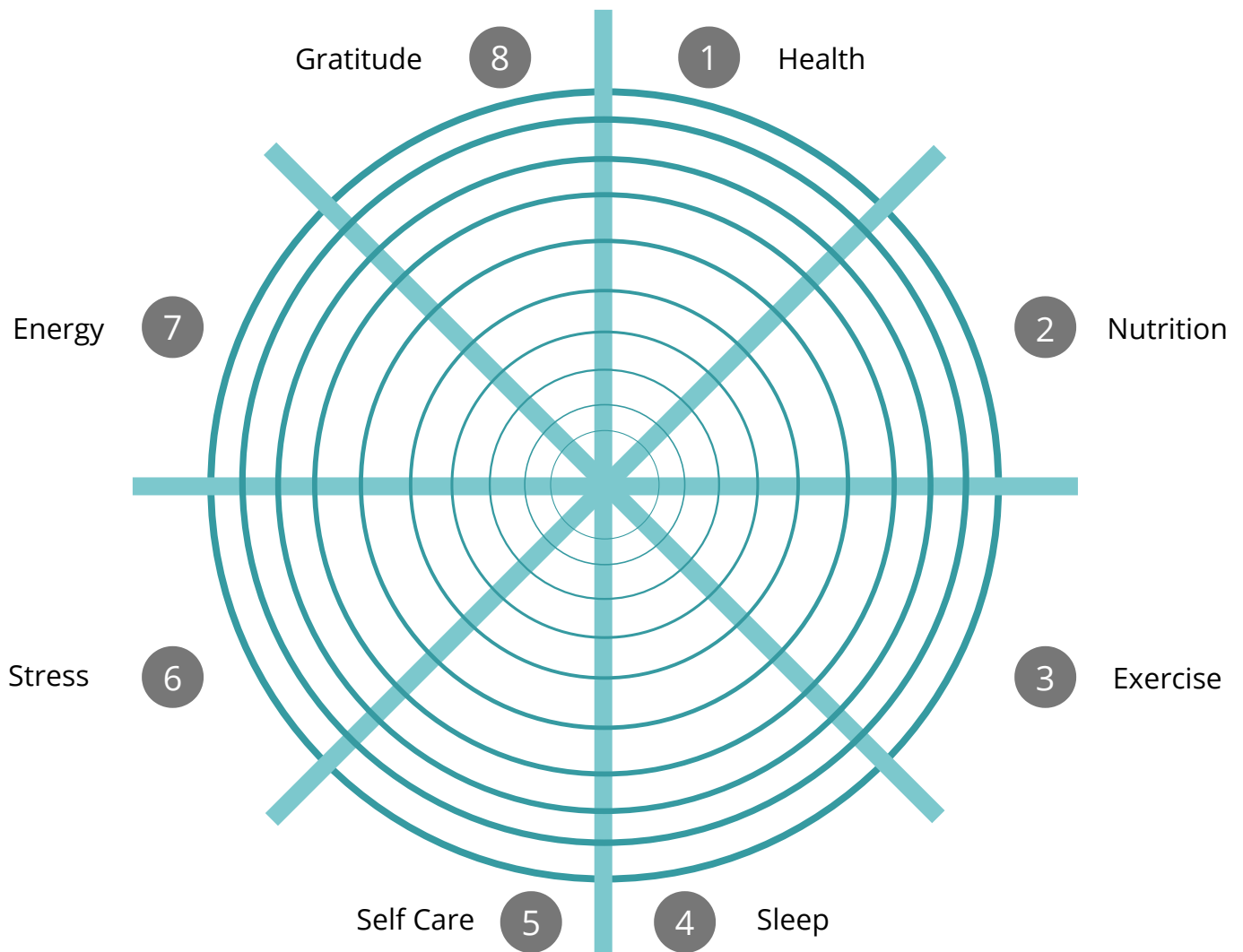


Wellness Wheel

This wheel is designed to help you analyze 8 categories that directly influence your level of wellness. The 10 bars in each category represent how positive you feel about each topic. 1 represents the least amount of satisfaction and 10 means you feel very satisfied. Use the questions below for each category to help you determine your level of improvement each week.



1. Health

How healthy do you feel? Have you replaced any unhealthy habits with new healthy ones? Overall, do you feel any marked improvement in your health?

2. Nutrition

Are you drinking enough water? Are you making healthy food choices? Have you been listening to your body and adjusting your food intake accordingly? Did you write in your food journal this week?

3. Exercise

Were you able to exercise a few days this week?

4. Sleep

Are you sleeping any better this week? Are you removing devices from your nightly routine? Is your room dark enough? Is your mind calm when you are falling asleep?

5. Self Care

Are you taking care of your body and mind? Are you being kind to yourself? Are you shifting into a more positive mindset?

6. Stress

Are you working on finding new ways to release stress from your body?

7. Energy

Do you feel any increase in energy this week?

8. Gratitude

Are you enjoying the little things and feeling grateful for what you have? Are you focusing on your positive affirmations?