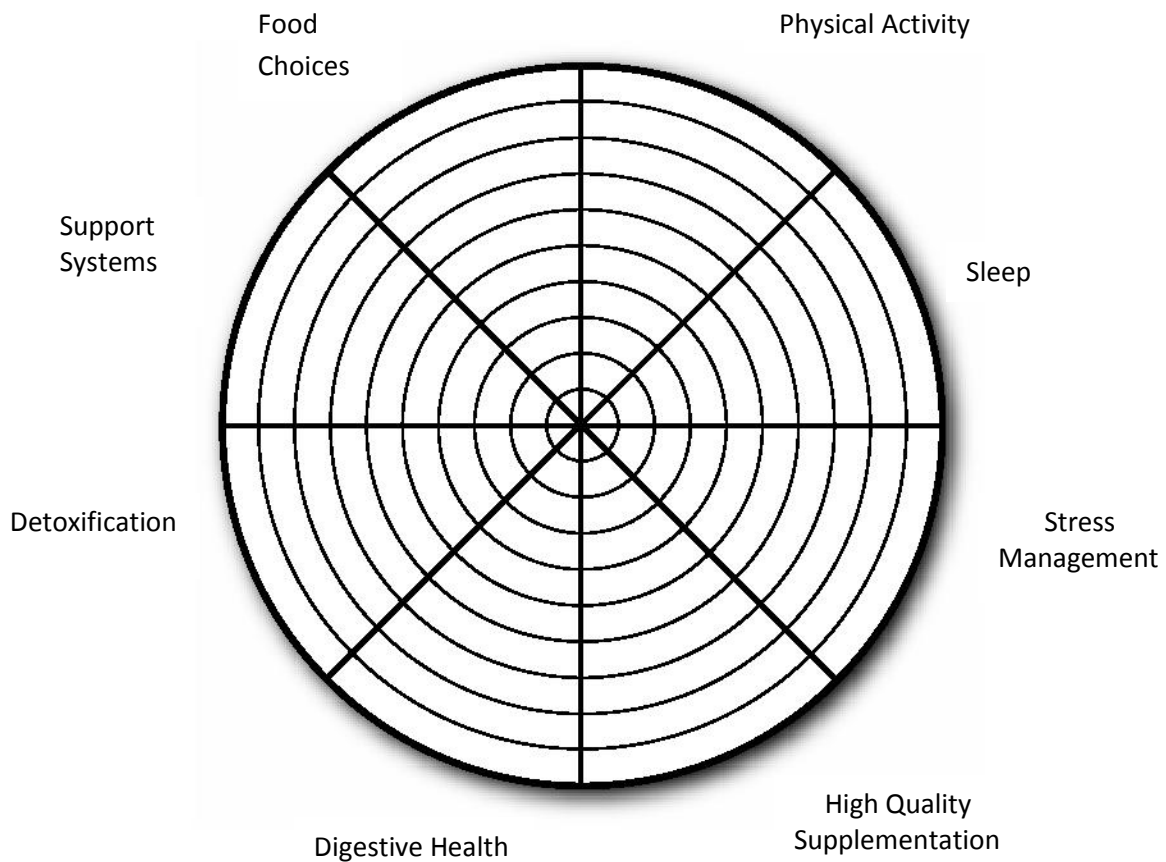


# Wellness Wheel



The Wellness Wheel will give you a big picture view of how close or far you are to optimal health. It's designed to help you take stock of different areas of your wellbeing. Pick a number from zero to ten that best represents how satisfied you are right now with that area. A zero would indicate total dissatisfaction or lack. A ten would mean that you are over-the-top satisfied and can see no possible room for improvement. Shade out from the center to the corresponding line. Go around the wheel, shading each area. The completed picture can give you a good sense of your starting point and can be used as a measuring tool to note your progress as you make positive lifestyle changes.