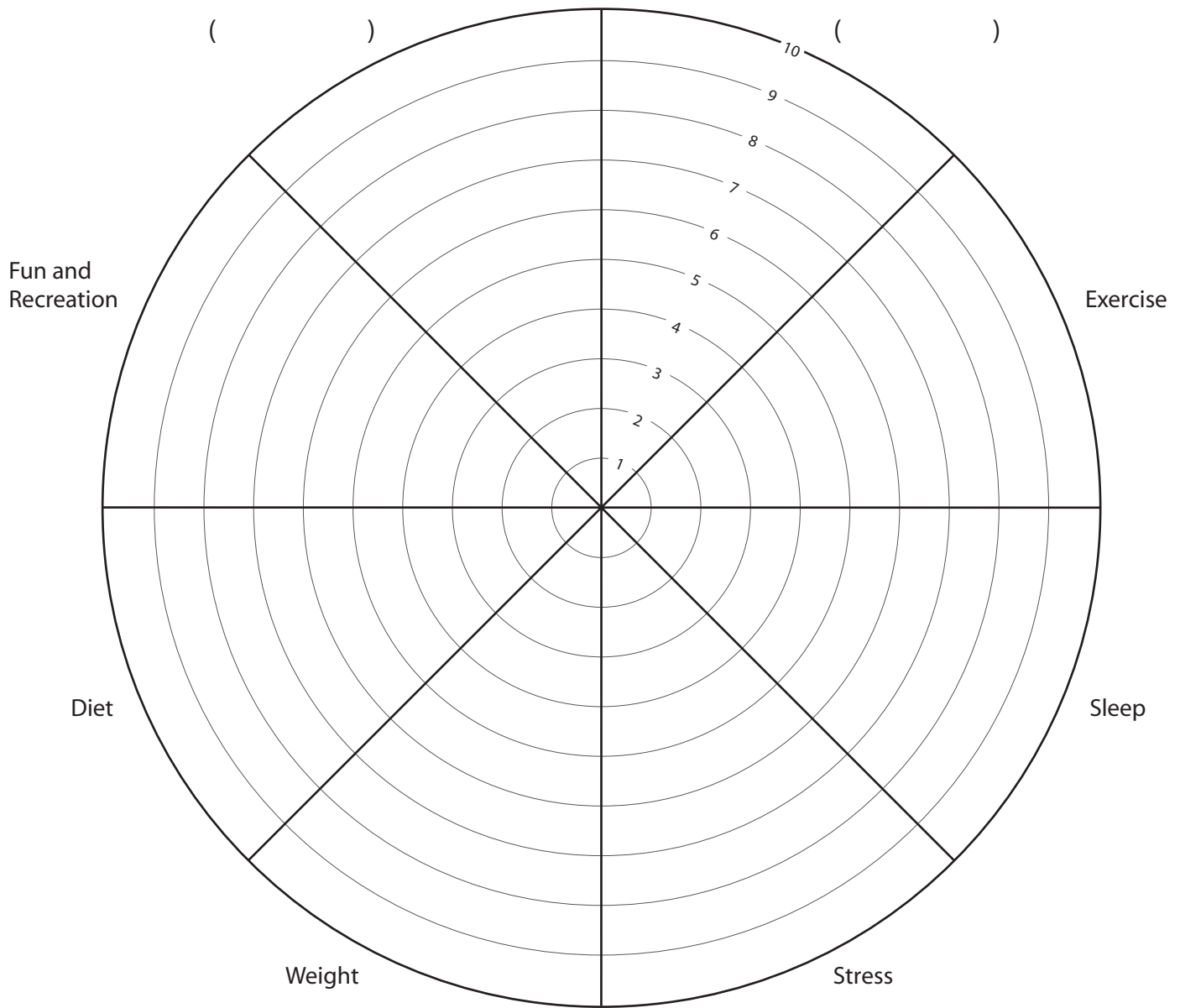


Health and Wellness Wheel



Instructions:

Inside each section of the wheel, determine where you are on a scale from 0 to 10, 10 being the best, and draw a line across that section of the wheel. For example, the innermost part of the wheel spoke where it is at its narrowest would be "0" and the outermost widest section of the wheel would be "10."

If this were a real wheel on your car – what kind of ride would you have?

