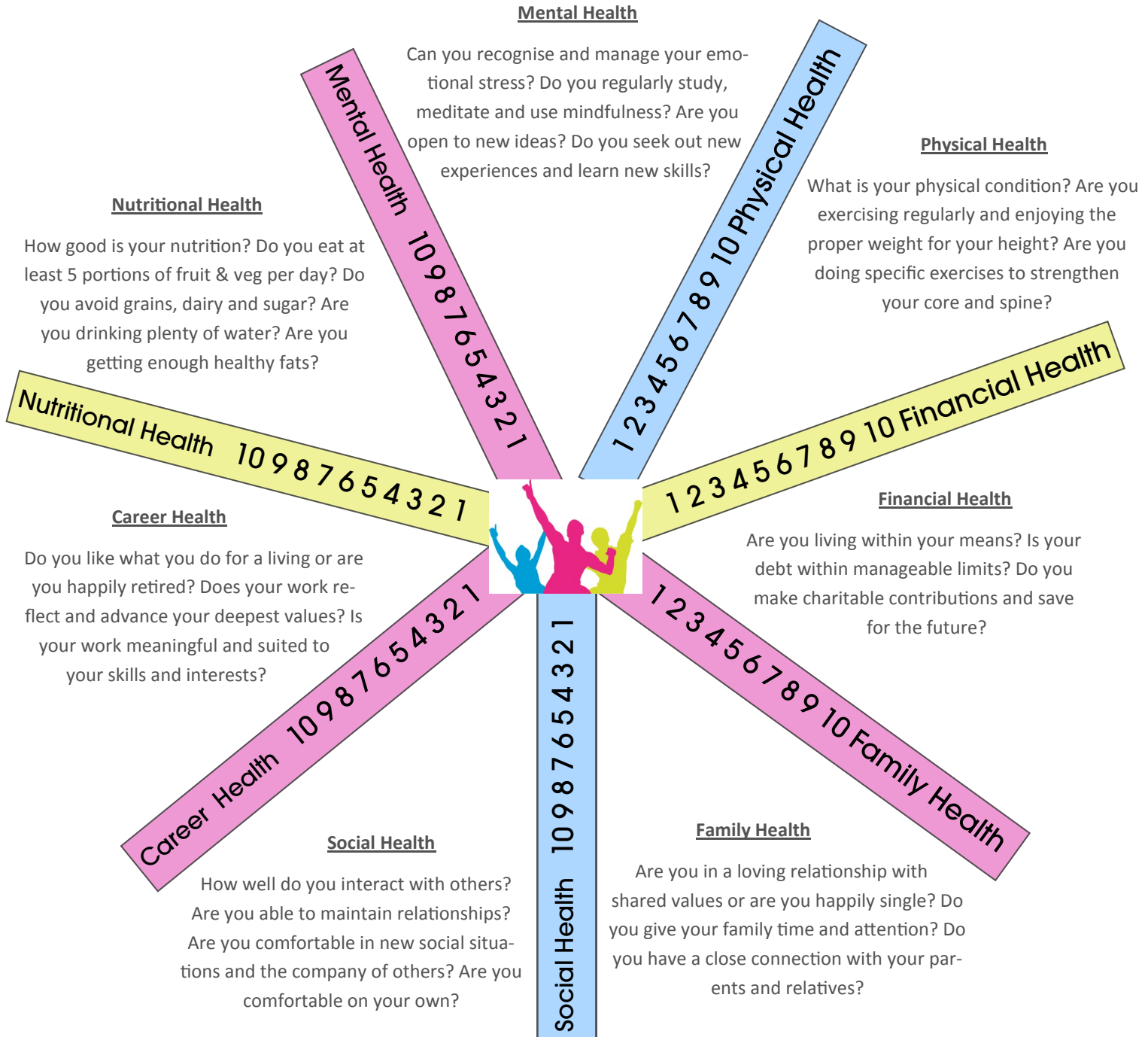


# The Wellness Wheel

On a scale of 1 (poor) to 10 (optimum) mark your current level of health in these seven essential areas

TOTAL: /70



The wellness wheel can be used to record a 'snapshot' of your estimated overall health in seven essential areas. Add the scores together to give you a mark out of 70. This can be repeated periodically to track your progress.