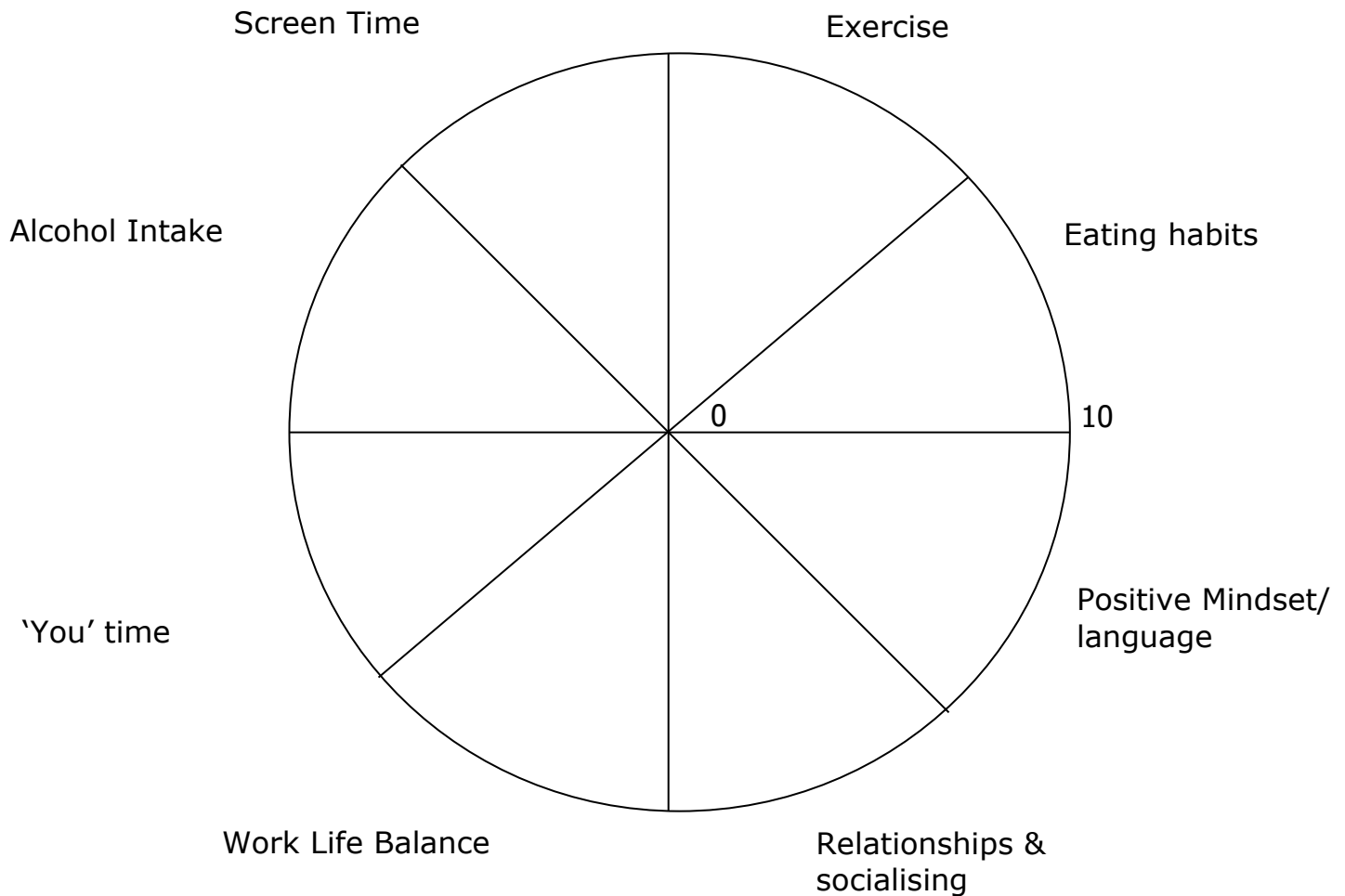


# Wheel of Health

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## WHEEL OF HEALTH INSTRUCTIONS

The 8 sections in the Wheel of Health represent balance.

- Please change, split or rename any category so that it's meaningful and represents a balanced healthy life for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your** 'Wheel of Health'. Is it a bumpy ride?

## EXAMPLE

