

CHANGE BITES WHEEL OF HEALTH

Instructions:

1. Place a dot on the line of each category indicating your level of satisfaction from 1-10.

A "1" is closest to the center of the wheel and represents displeasure while a "10" on the outer edge of the wheel indicates optimal performance in this area.

2. Connect each of the 12 dots and review your unique shape and results indicating areas of your health that may be out of sync.

Action Plan:

Tomorrow: _____

Next Week: _____

Next Month: _____

