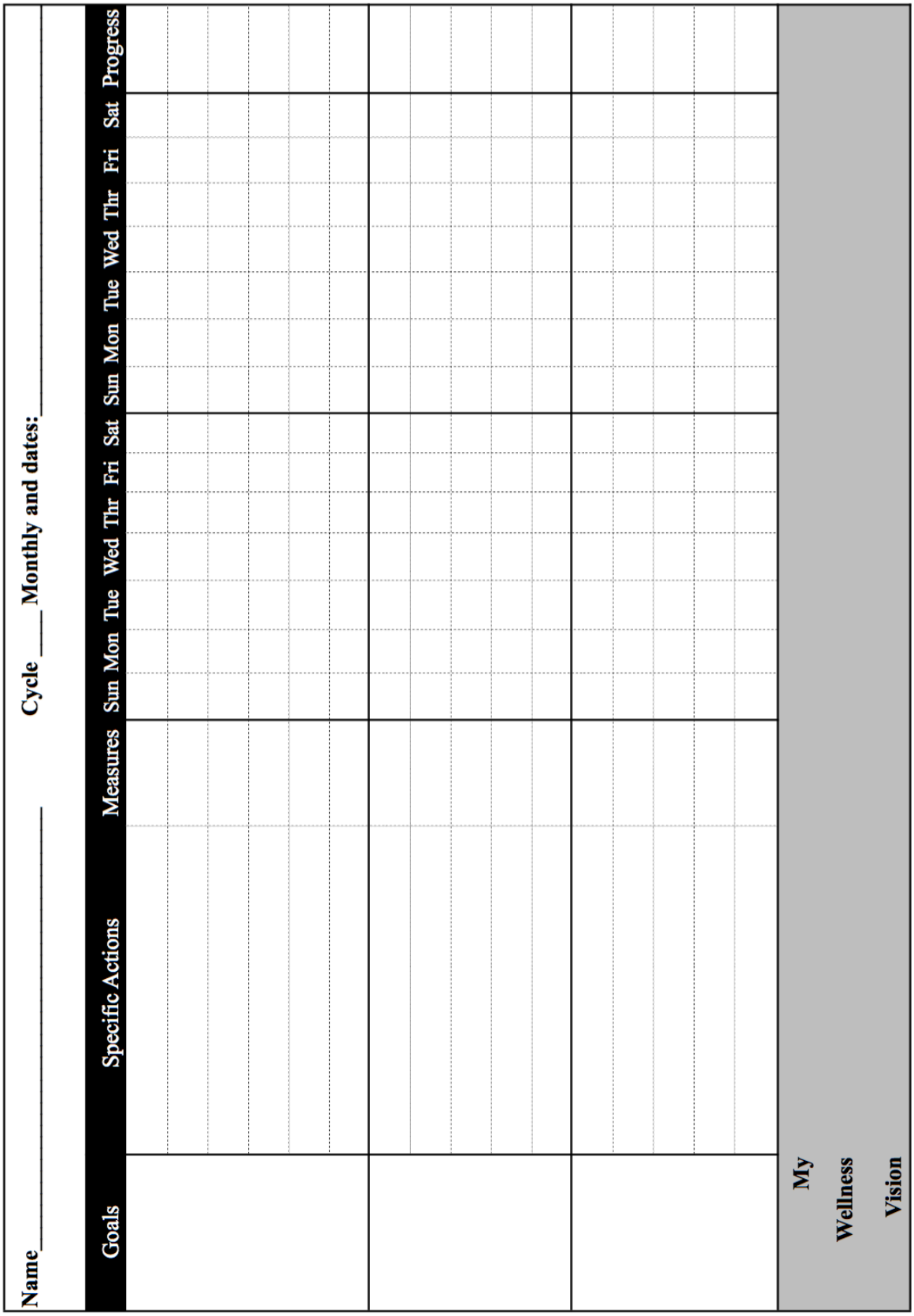
The Wellness Compass Journey Activity 21. Step 3.1: Wellness Checklist

Use to track progress on implementing strategies over a two-week period.