

Wellness Wheel

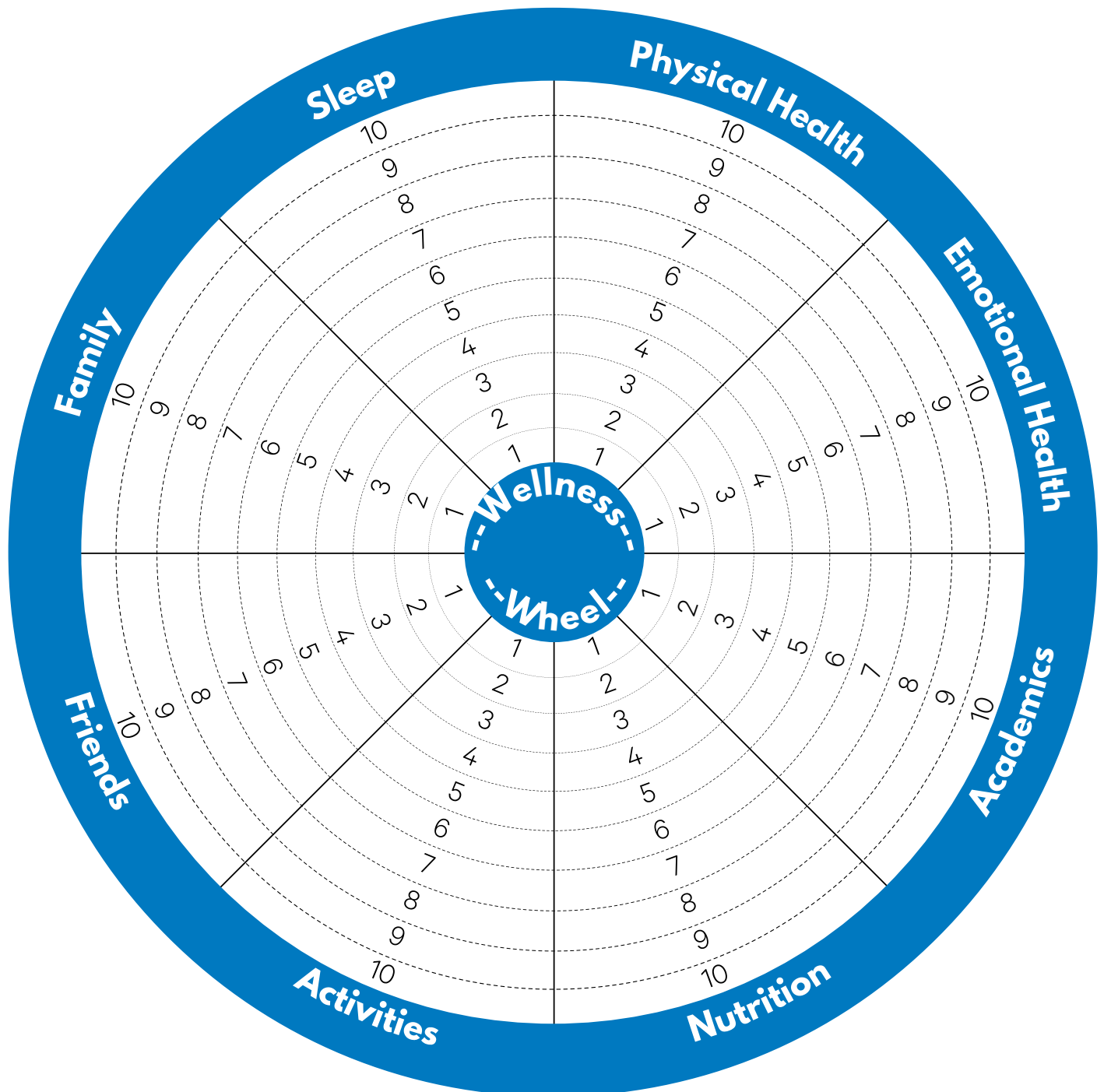
Using Values to Guide Goals

Wellness Wheel 101

The Wellness Wheel can be used to identify where you currently see yourself in different areas of your life from a scale of 1 "not where I want to be" to 10 "exactly where I want to be". Fill in the Wellness Wheel for the 8 domains each week to track goal progress.

Domains of Wellness

- Sleep
- Physical Health
- Emotional Health
- Nutrition
- Family
- Friends
- Activities
- Academics



Wellness Wheel

Using Values to Guide Goals

Week 1

Areas of Wellness #1	Areas of Wellness #2
SMART Goal #1: What: Where: When:	SMART Goal #2: What: Where: When:

Week 2

Areas of Wellness #1	Areas of Wellness #2
SMART Goal #1: What: Where: When:	SMART Goal #2: What: Where: When:

Week 3

Areas of Wellness #1	Areas of Wellness #2
SMART Goal #1: What: Where: When:	SMART Goal #2: What: Where: When: