

Model for Healthy Living Assessment Wheel

Circle the number on the wheel that best describes your satisfaction in each of these areas in your life or the life of your church (1- unsatisfied, 10- completely satisfied). Connect the circles. What areas would you like to improve?



Faith Life

Building a relationship with God, your neighbors, and yourself.

1 2 3 4 5 6 7 8 9 10



Movement

Discovering ways to enjoy physical activity.

1 2 3 4 5 6 7 8 9 10



Medical

Partnering with your health care provider to manage your medical care.

1 2 3 4 5 6 7 8 9 10



Work

Appreciating your skills, talents, and gifts.

1 2 3 4 5 6 7 8 9 10



Emotional

Managing stress and understanding your feelings to better care for yourself.

1 2 3 4 5 6 7 8 9 10



Nutrition

Making smart food choices and developing healthy eating habits.

1 2 3 4 5 6 7 8 9 10



Friends & Family

Giving and receiving support through relationships.

1 2 3 4 5 6 7 8 9 10