



WELLNESS WHEEL

Think about your daily routines and colour these Wellness Wheel bearing in mind how often you do these activities, which help us to be in good health.



- 1= NEVER, 2= RARELY OR 1-2 DAYS A WEEK
- 3= SOMETIMES OR 2-3 DAYS A WEEK
- 4= ALMOST EVERYDAY OR 4-5 DAYS A WEEK
- 5= EVERYDAY OR 6-7 DAYS A WEEK

