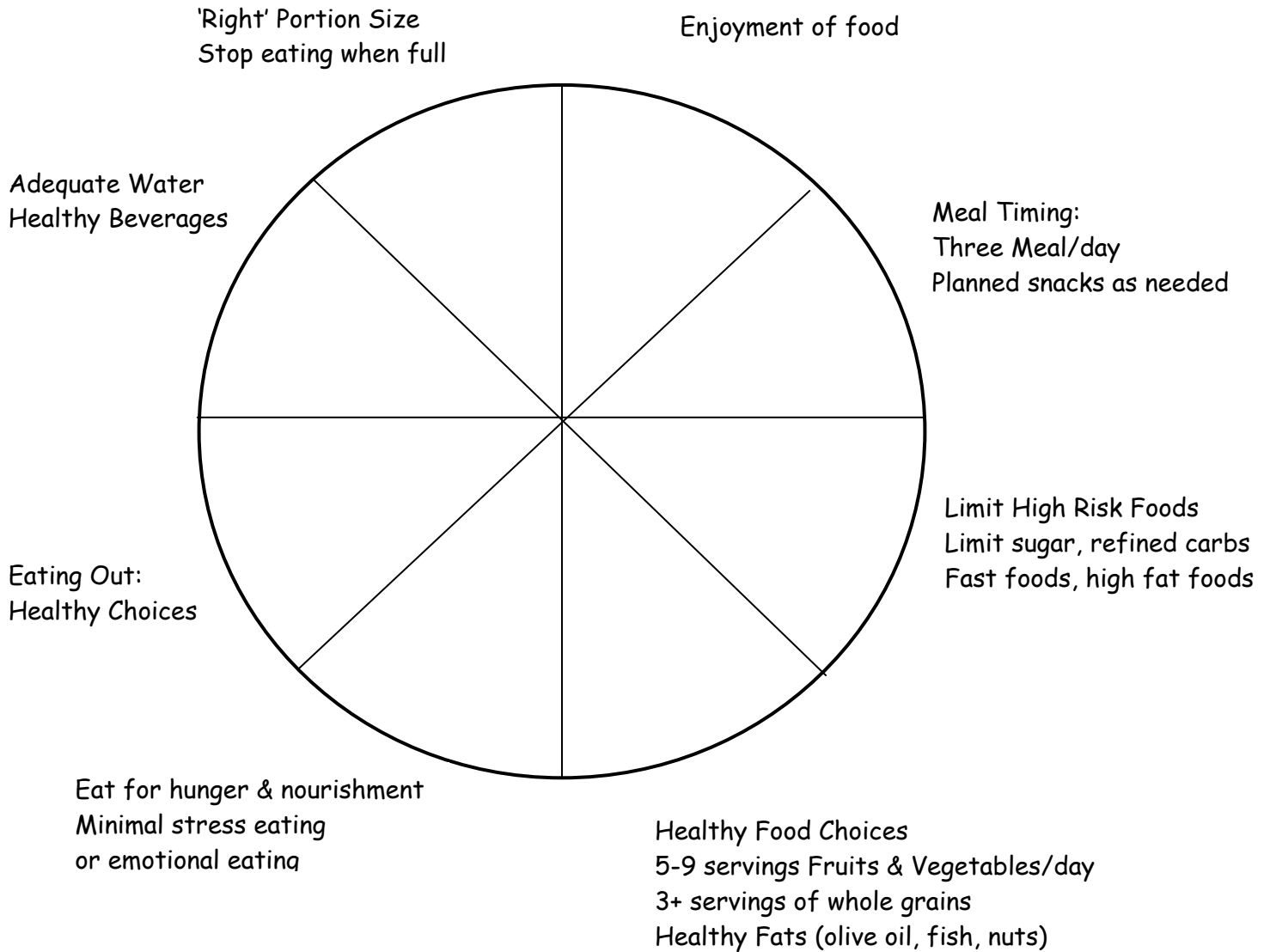


Food and Nutrition Health Wheel

Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each area by drawing a straight or curved line to create a new outer edge for that segment of the pie. Count 10 as totally satisfied and 0 as totally unsatisfied, and 5 as halfway between.



Self Care Health Wheel

Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each area by drawing a straight or curved line to create a new outer edge for that segment of the pie. Count 10 as totally satisfied and 0 as totally unsatisfied, and 5 as halfway between.

