

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

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

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