




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