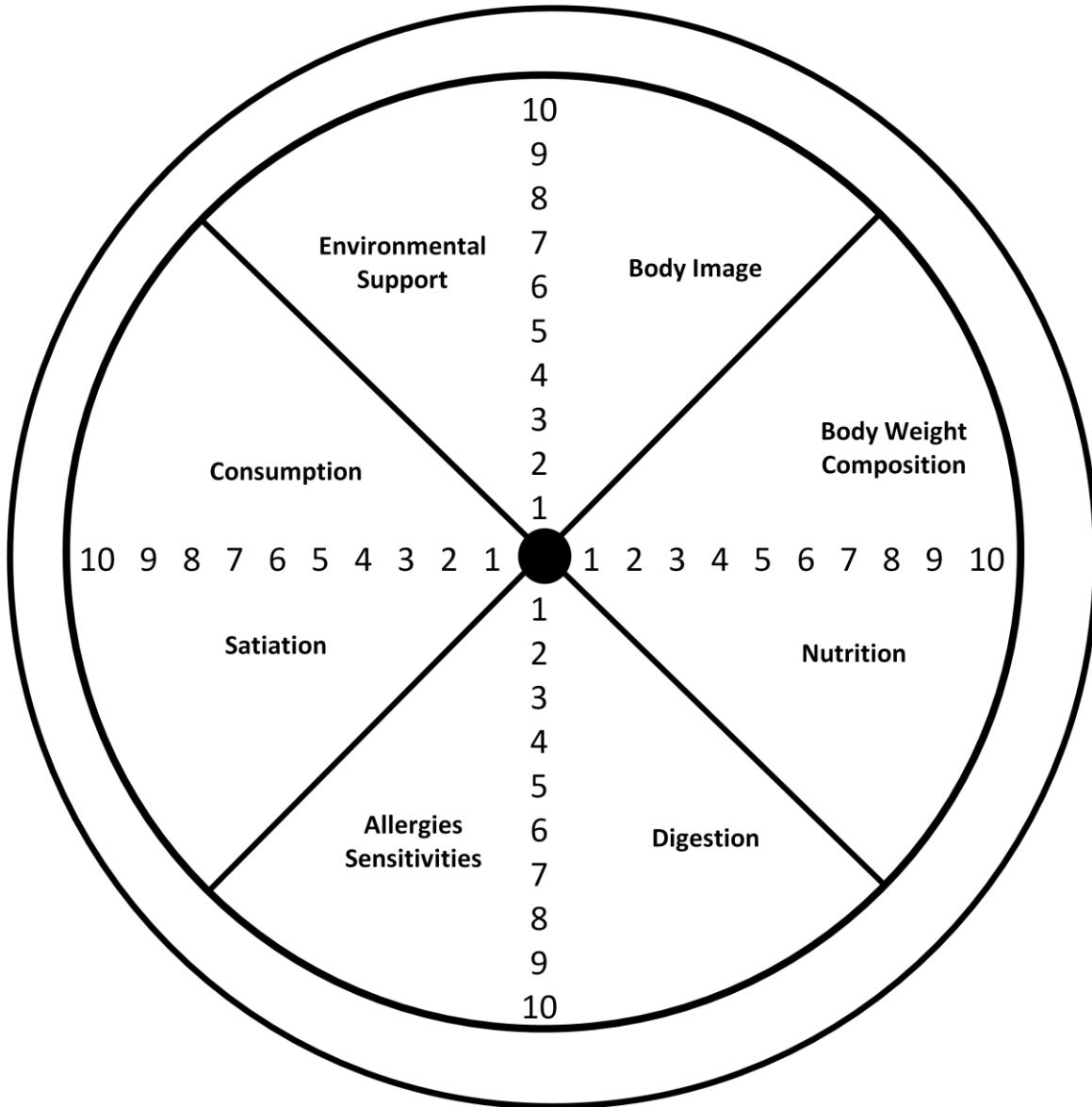


Wheel of Nutritional Satisfaction

Areas of Focus: Rate your level of satisfaction in each area of your nutritional life. The closer you are to 10 the more fulfilled you feel.



Are there areas of your life that need attention? _____

What areas of your life are you willing to address now? _____

Soon? _____

Later? _____