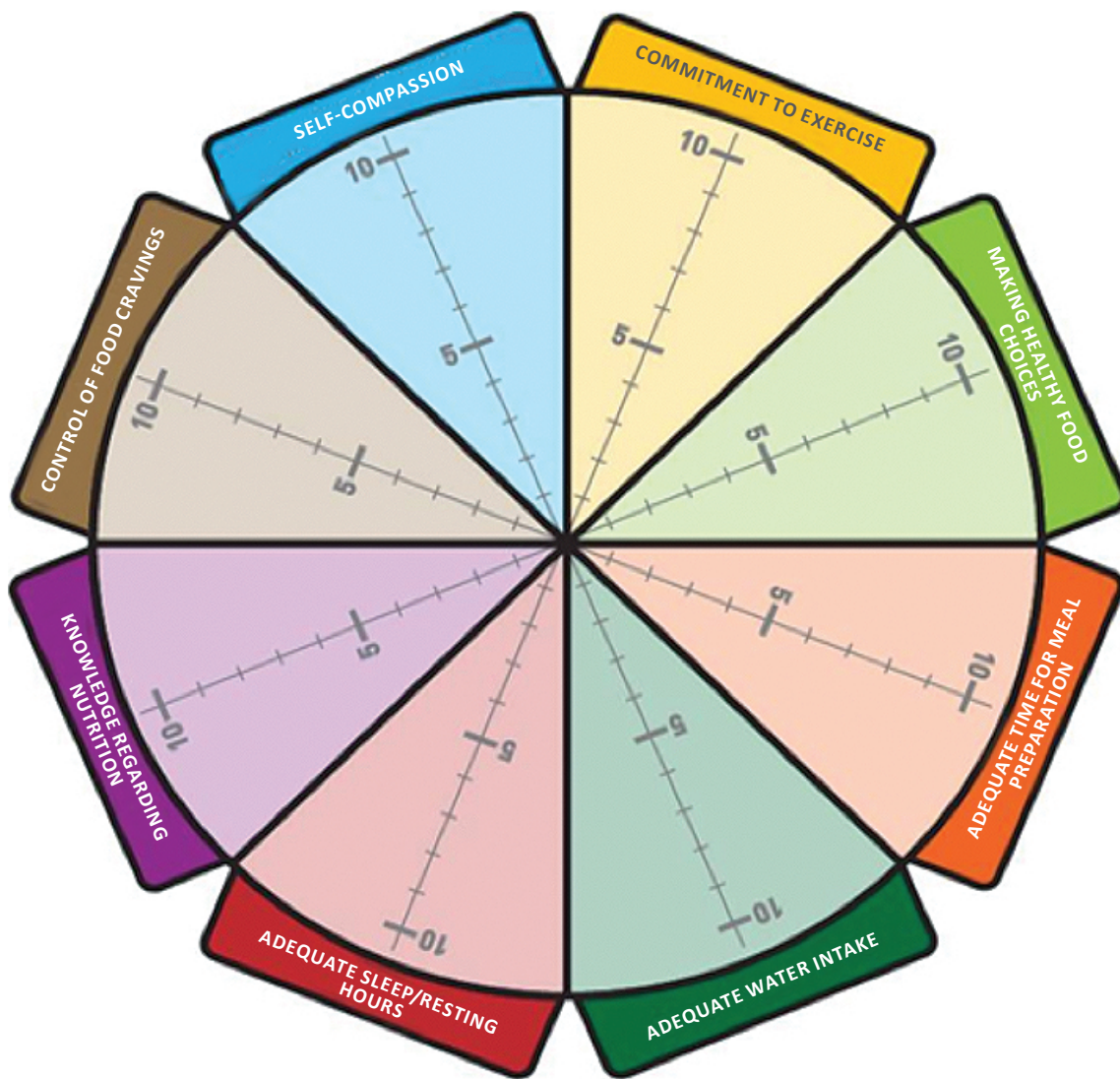


# The Physical Wheel of Life

How balanced is your “physical wheel of life”?

Rate each segment from 1-10, with 10 being the highest, 1 being the lowest.

For instance, if you feel committed to exercise on routine basis, you would make 8-9 on this, if not very committed rate this 1-2. Continue filling in each category to complete the chart.



Name: \_\_\_\_\_