**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **Wellness Wheel** **Period:\_\_\_\_\_\_\_\_\_**

**Directions: Label each pie piece with the following dimensions of health: physical, social, emotional, environmental, spiritual and intellectual. Each line is worth 5 points. Please color in the point value you receive in each section of your “Assess Yourself: How Healthy Are You?” worksheet.**