

8 WEEK WELLNESS PROGRAM

Week 1 Homework

Rate your Health by Category

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|---------------------|---|---|---|---|---|---|
| 1. Social Health | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Career | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Mental | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Spiritual Health | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Family Health | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Leisure | 0 | 1 | 2 | 3 | 4 | 5 |