Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ZGTMMS Nutrition and Wellness – Fall 2018/19**

**Teen Wellness Assessment Review and Plan for Improvement**

1. Look over your results and write down your scores from each page.

Mind

 Organization \_\_\_\_\_\_\_\_\_\_\_\_

 School/Work \_\_\_\_\_\_\_\_\_\_\_\_

Heart

 Relationships \_\_\_\_\_\_\_\_\_\_\_\_\_

 Emotions\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Soul

 Spirituality\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Rest & Play\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Strength

 Care for Body \_\_\_\_\_\_\_\_\_\_\_\_\_

Resilience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List 3 areas you need to give a little more attention to so you can have a more balanced wheel.

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Now write down 1 specific action you can do for each of the 3 areas above that could help your wheel be more balanced.

This week I can….

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