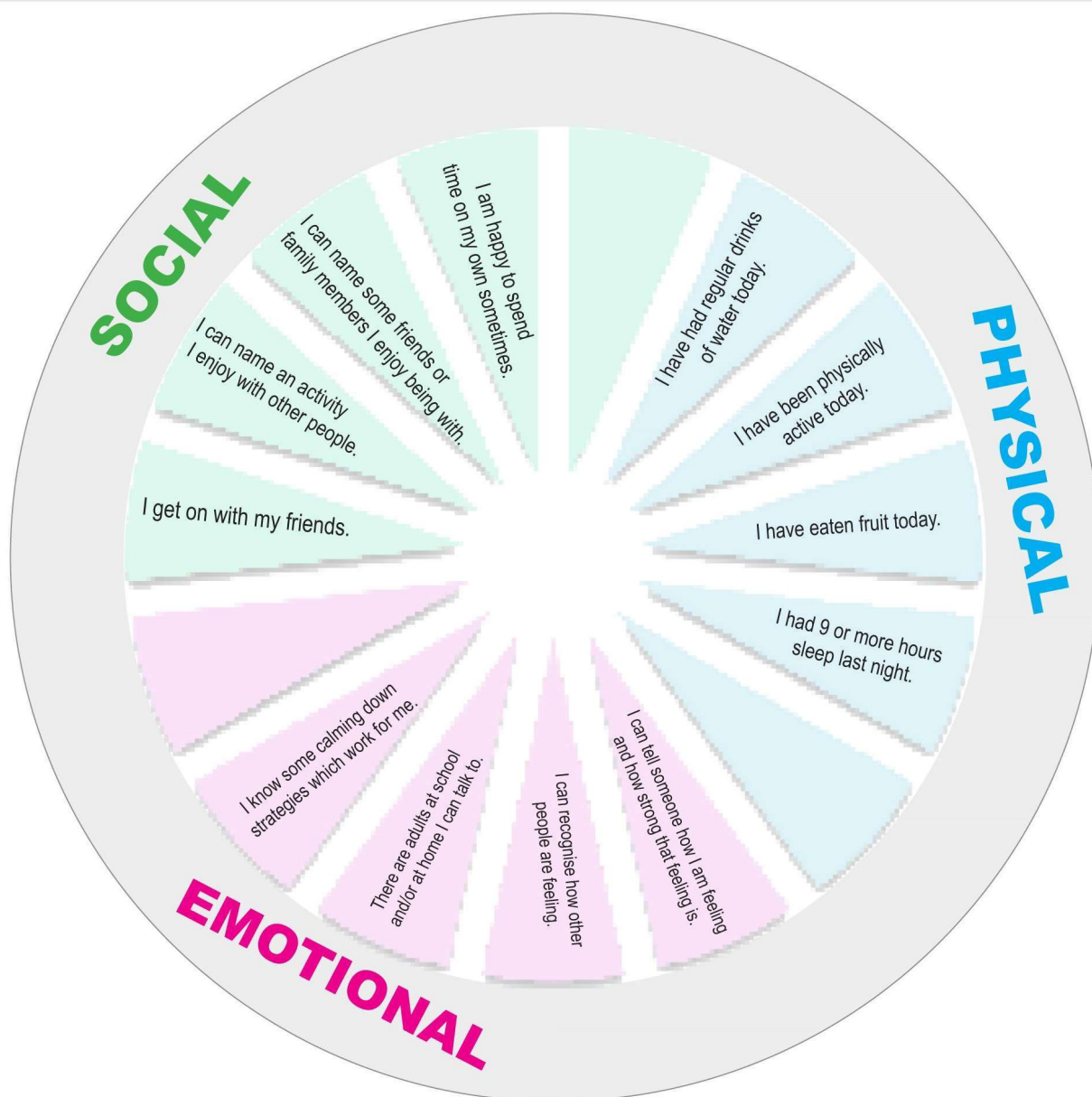


Resource 2 - How healthy am I today?



1. Fill in the blank segments with a statement of your own.
2. Shade each section red, amber or green according to how far you agree with the statement for yourself today.
3. Identify patterns in your wheel of health e.g. Which sections have the most green? Are there many red or amber sections? Are they mainly in one area?
4. You may wish to discuss your findings with a friend. You can then set yourself a target to improve one area of your health.
5. Complete another wheel at a later date and see if anything has changed.
6. Remember that it is unrealistic to have a totally green wheel, but that we need to be aware of health in all three areas and where we could make changes.