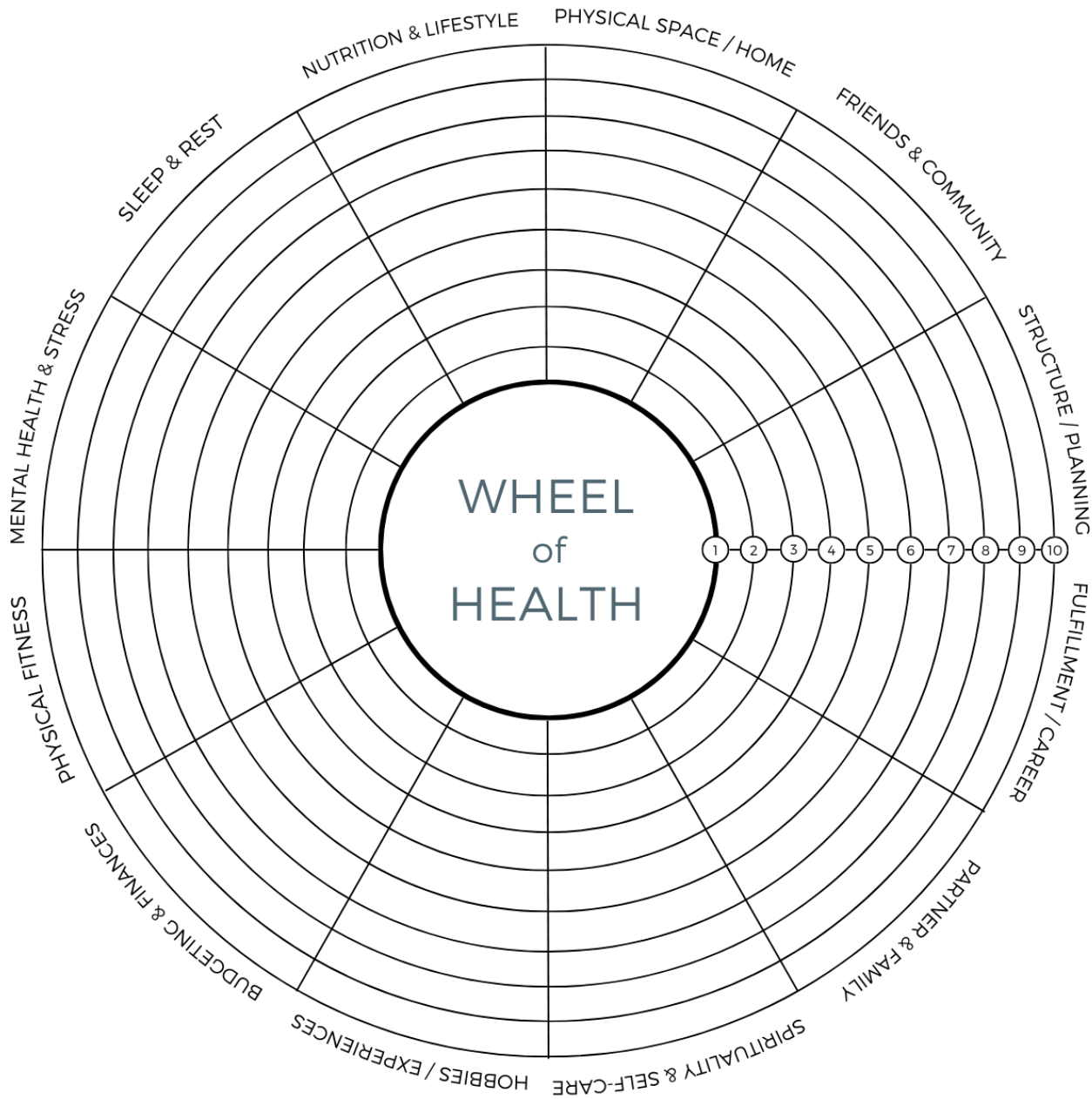


# THE WHEEL OF HEALTH

ARoCo

Rate yourself from 0 - 10 for each category below, with 1 being the lowest and 10 being the highest. Try to be as honest as possible. If you feel that there are categories absent that are unique to your life, please let me know. We can create a customized wheel to suit your needs.



*notes*