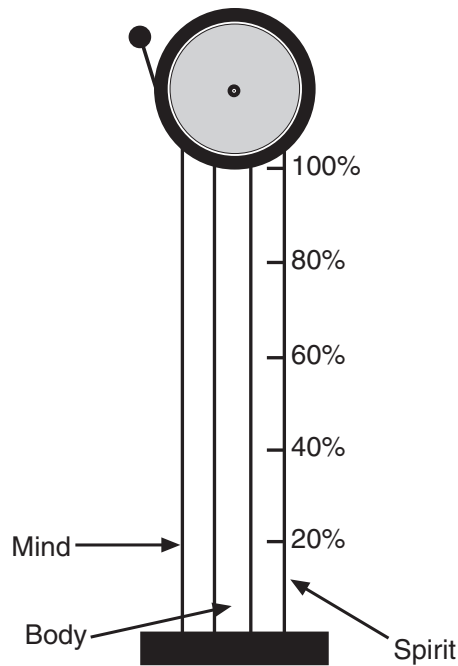


Can You Ring the Wellness Bell?

How close do you come to ringing the wellness bell? Color in the wellness columns to indicate how you rate your wellness today.



1. These are things I do that help me reach 100% wellness:

2. These are things I do that keep me from reaching 100% wellness:

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

(continued)

3. What else would help me reach 100% wellness?

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).