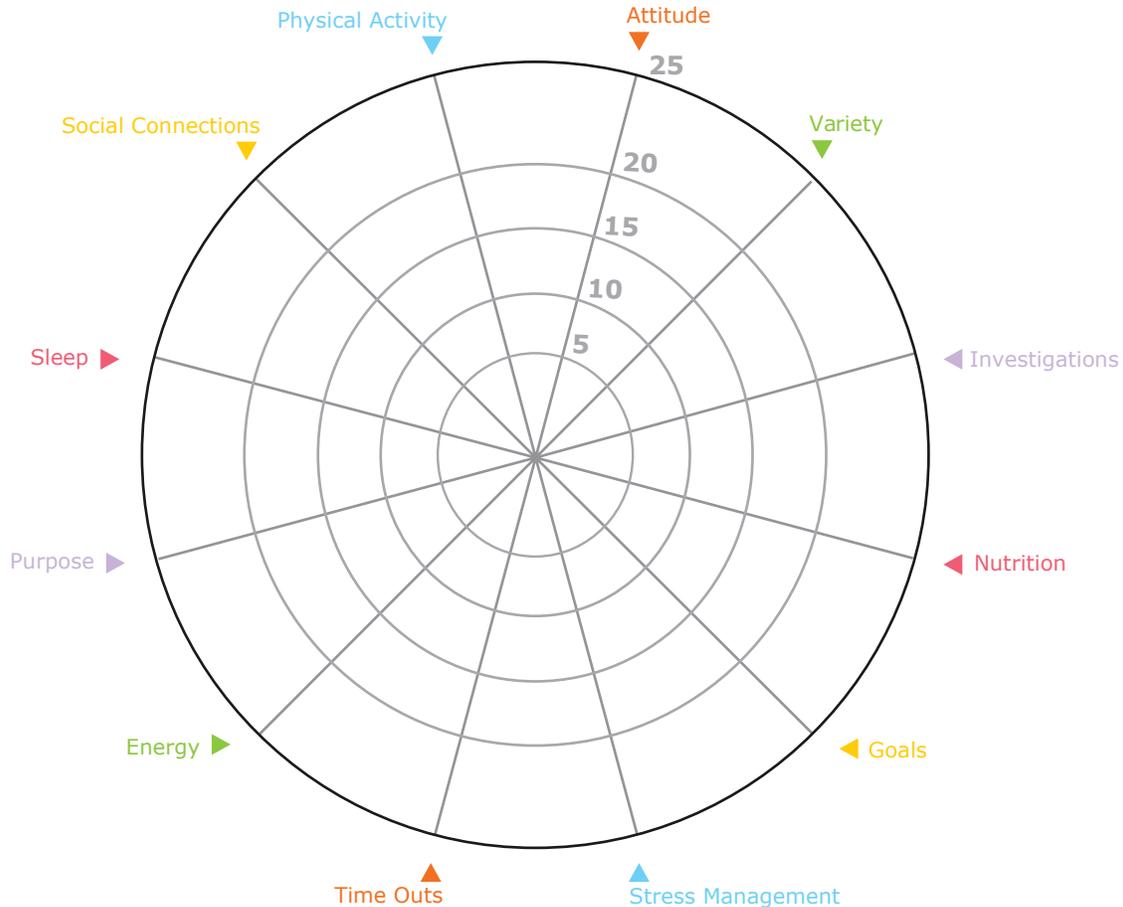




# PAVING the Path to Wellness



## Measuring your Overall Wellness Using the PAVING Wheel



### HOW TO USE THIS PAVING WHEEL

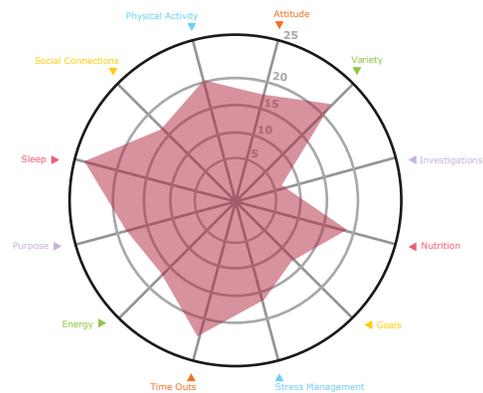
**SCORE** Plot your total scores for each component of the PAVING Wheel.

**CONNECT** Connect your scores.

**EVALUATE** Use the resulting PAVING Wheel (see example to the right) to evaluate areas where you may want to improve and consult the corresponding Module for more guidance.

**RE-EVALUATE** regularly by re-using this PAVING Wheel whenever you want to gauge your overall wellness and areas where you may want to improve.

### EXAMPLE



### BETH SAYS



“ There are no right or wrong answers. No scores are good or bad. Using the PAVING Wheel is for you alone to assess your Wellness and identify areas to improve your own personal Wellness. ”

# INSTRUCTIONS

Rank each item on a scale of 1-5. The Key is below. Calculate the subtotal of each of the 12 sections and plot them on the PAVING Wheel on page 1.

<b>1</b> Never do this	<b>2</b> Only rarely do this	<b>3</b> Sometimes do this	<b>4</b> Often do this	<b>5</b> Do this regularly as <b>part of my routine</b>
<b>MODULE 1 Physical Activity</b>				
Physical Activity Total:				
<b>MODULE 1 Stress</b>				
Stress Total:				
<b>MODULE 2 Attitude</b>				
Attitude Total:				
<b>MODULE 2 Time outs</b>				
Time Outs Total:				
<b>MODULE 3 Variety</b>				
Variety Total:				
<b>MODULE 3 Energy</b>				
Energy Total:				
<b>MODULE 4 Investigations</b>				
Investigations Total:				
<b>MODULE 4 Purpose</b>				
Purpose Total:				
<b>MODULE 5 Nutrition</b>				
Nutrition Total:				
<b>MODULE 5 Sleep</b>				
Sleep Total:				
<b>MODULE 6 Goals</b>				
Goals Total:				
<b>MODULE 6 Social</b>				
Social Total:				