



Wellness Self-Check

Chapter: Nutrition & Wellness Name: _____ Date: _____

Rate each habit honestly from 1 (needs work) to 5 (strong), then choose one habit to improve this month.

Nutrition - balanced meals, not skipping meals (1-5) and a note:

Hydration - drinking enough water (1-5) and a note:

Sleep and rest (1-5) and a note:

Movement and stretching on the floor (1-5) and a note:

Stress management and mental health (1-5) and a note:

The ONE habit I will improve this month, and how:
