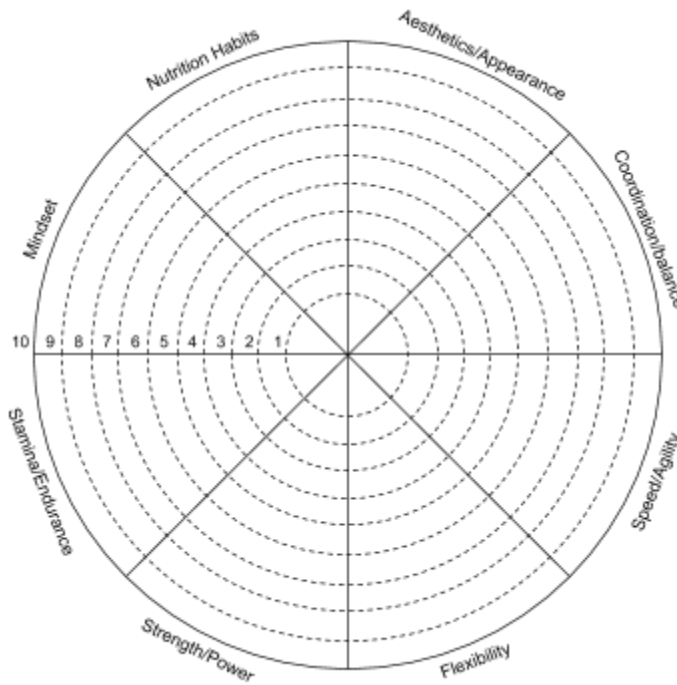




The Wheel of Fitness

Directions: The eight sections in the Wheel of Fitness represent different aspects of fitness and where you might be in that area. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each area of fitness with a dot, then connect the dots with a line to complete a new circle. If this wheel represents your fitness journey, how bumpy would the ride be?



What are the top 3 areas you would like see improvement in?

1. _____
2. _____
3. _____

What is one step you can take in each area to move towards those improvements and by when will you do it? Who will keep you accountable and how will you measure your progress? Keep it narrow and specific.

1. _____

2. _____



The Wheel of Fitness

3. _____

