



Physical Activity Wellness Wheel

Focus Area: Physical Activity

Objective: To assess your daily movement patterns

Materials Needed:

- [Physical Activity Wellness Wheel worksheet](#)

Directions:

Each spoke on the Physical Activity Wellness Wheel represents an important area of activity to help get your body in balance.

- 1.** Rank your level of satisfaction for each area. Ten indicates the most satisfied; one means you're unsatisfied.
- 2.** After you rank each area on your Physical Activity Wellness Wheel, connect the dots and see what shape it takes!
- 3.** Would the wheel roll? If not, which spoke will you put your time and attention toward first?

Regional/Satellite Offices & AWS Employees: This activity can be hosted across regional/satellite offices and/or with AWS employees.