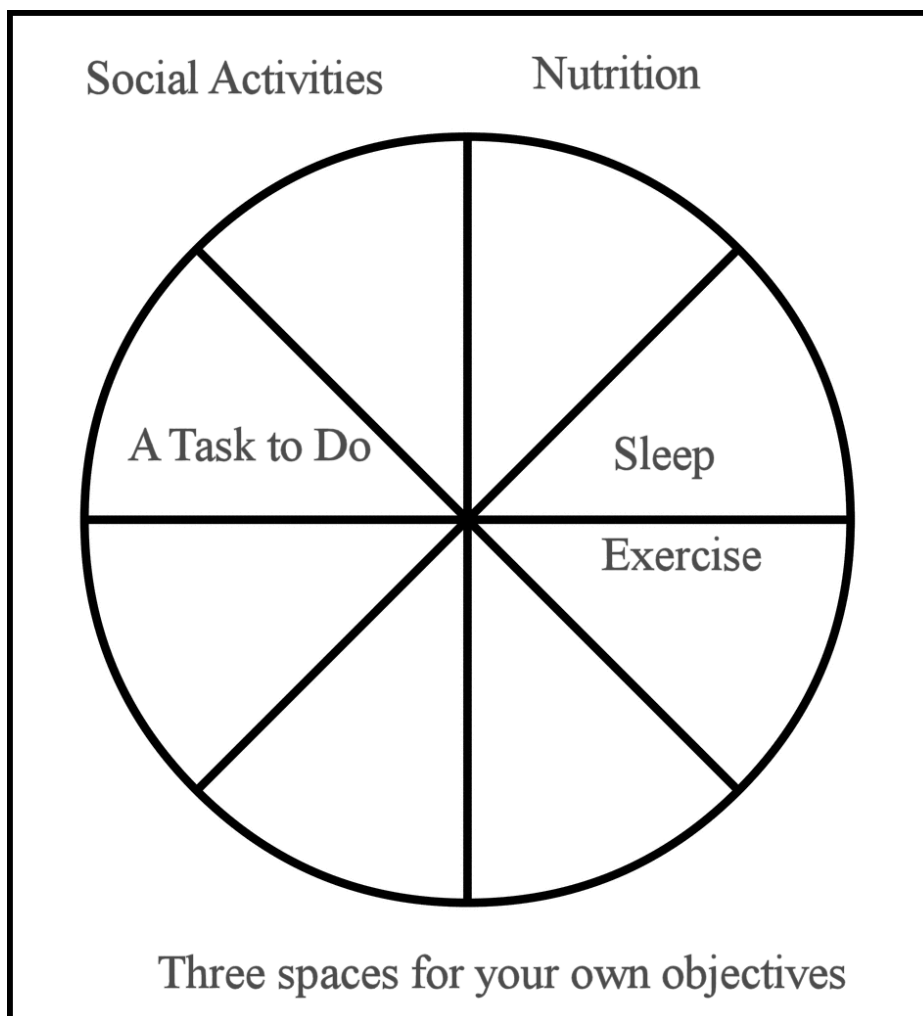


Personal Health Wheel

In each segment rate your own health 1 to 10.

You can add things you care about in the three blank segments.

On the reverse there are some headings that might help you think about a health plan.



– Better Health Plan

General Health

Nutrition

Drinks

Supplements

Exercise

Sleep

Mental Health

Eyesight and Hearing

Medical

Allergies

Employment

Sexual Activity

Social Engagement

The greatest enemy of progress is trying to be perfect. It's never perfect – So START,

**Contact John Veitch on Messenger or WhatsApp or phone 021 05 33661
Test the water, ask for a 15 minute pre-coaching interview.**

Website: <https://openfuture.biz>