

Name \_\_\_\_\_  
Date \_\_\_\_\_  
Pre Post

# The Church Health Center Model for Healthy Living

Circle the number on the wheel that best describes your satisfaction in each of these areas (1- unsatisfied, 10- completely satisfied).  
Connect the circles. What areas would you like to improve?



## Faith Life

Building a relationship with God, your neighbors, and yourself.

1 2 3 4 5 6 7 8 9 10



## Movement

Discovering ways to enjoy physical activity.

1 2 3 4 5 6 7 8 9 10



## Medical

Partnering with your healthcare provider to manage your medical care.

1 2 3 4 5 6 7 8 9 10



## Work

Appreciating your skills, talents, and gifts.

1 2 3 4 5 6 7 8 9 10



## Emotional

Managing stress and understanding your feelings to better care for yourself.

1 2 3 4 5 6 7 8 9 10



## Nutrition

Making smart food choices and developing healthy eating habits.

1 2 3 4 5 6 7 8 9 10



## Family & Friends

Giving and receiving support through relationships.

1 2 3 4 5 6 7 8 9 10