

## WRITING ASSIGNMENT: A DAY IN THE LIFE OF A WELL PERSON

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- Length: one page
- Using the Wellness Wheel as a guide, write a fictional report describing one day in the life of a well person.
- Describe, using examples, how this person demonstrates all 7 dimensions of wellness.
- Make sure you include the description of 3 healthy meals.
- Think of it as a story, so include an introduction and a conclusion. Make it interesting, yet school appropriate.

Describe how a typical day would look for someone who exhibits good health in the seven dimensions of wellness: mental, physical, social, occupational, spiritual, environmental and intellectual

**Value: 20**

