Dimensions of Wellness Activity Name:

Please list some activities or something that you could do or have been doing for each of the dimensions. It is important to try to incorporate all the dimensions to ensure overall wellness. With this activity, you do not need to do all the dimensions every day, but aim to achieve all of them throughout the week.

1. Physical
2. Intellectual
3. Emotional
4. Social
5. Spiritual
6. Environmental
7. Occupational

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Physical | Intellectual | Emotional | Social | Spiritual | Environmental | Occupational |
| Monday |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |