

Focus Wellness Wheel

Choose 6 of the following aspects of your wellness and colour in the circle to represent how happy/satisfied you are right now. (10=happiest)

- Relationships
- Cardio Fitness
- Nutrition
- Mindfulness
- Work
- Leisure
- Personal Development
- Strength & Body Conditioning
- Other: _____

Use the space in each section to set a specific goal every week for 4 weeks.

focus

Want to know more?
www.focusmovement.sg/wellnesswheel

Email: info@focusmovement.sg
 Call/Whatsapp: 9850 8156

1

Long Term View: _____
 Goal Week 1: _____
 Week 2: _____
 Week 3: _____
 Week 4: _____

2

Long Term View: _____
 Goal Week 1: _____
 Week 2: _____
 Week 3: _____
 Week 4: _____

3

Long Term View: _____
 Goal Week 1: _____
 Week 2: _____
 Week 3: _____
 Week 4: _____

4

Long Term View: _____
 Goal Week 1: _____
 Week 2: _____
 Week 3: _____
 Week 4: _____

5

Long Term View: _____
 Goal Week 1: _____
 Week 2: _____
 Week 3: _____
 Week 4: _____

6

Long Term View: _____
 Goal Week 1: _____
 Week 2: _____
 Week 3: _____
 Week 4: _____