

Wellness Gauge

Wellness Level	Body (Aches/Mobility, Digestion, Tension/Energy)	Thoughts (Scattered/Clear, Rapid/Slow)	Mood (Happy/ Hopeful/Sad/ Hopeless/Angry)	Relationships (Quality time/ Isolation/ Communication / Connection)	Sleep How many Hours? Solid or Broken?	Eating (Healthy/Unhealthy, Too much/little, Regular/Mindless)
Abundance						
8-10						
5 (half way)						
2-3						