

The 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?	Food Healthy/ Unhealthy Too much/little Regular/ Scattered
Abundance						
8-10						
5 (half way)						
2-3						