



## Wheel chart descriptors for each area level:

Area Level	Hydration	Nutrition: # of Nutritious Meals Per Week	Exercise	Sleep: # of Hours of Sleep Per Night/Week	Stress	Mindfulness	Health & Wellness	Performance
<b>1</b>	I know where my faucet is...	0	Does getting up to change the channel count?	Less than 4 per night	Ulcers. Everybody has those, right?	There was one?	I go to the doctor every few years	My goal this year is to set a goal
<b>2</b>	I am thirsty a lot and drink something when I can	3 or less	I take the stairs rather than the elevator	4-5 per night	My doctor keeps telling me to move more to help with stress	I set a schedule and try to stick to it	I see my doctor once per year	I know what a SMART goal is...
<b>3</b>	I drink a lot of soda and tea	5 or less	I exercise when I can	7 hours 2-3 times per week	When stressed, I simply leave the room and take a walk	I set a schedule and try to stick to it both at home and work	I believe that health, nutrition, and stress might be related	I work towards goals when someone else sets them
<b>4</b>	I drink enough but not always the right things	8 or less	2-3 days per week, 20 minutes per day	8 hours once per week	Nothing better than working through my stress at the end of a day	I am aware of others around me and how I interact with them	If my health is not good, then not much else matters	I try and set outcome and process goals for work projects
<b>5</b>	I drink more water than any other beverage	12 or less	2-3 days per week, 30 minutes per day	7 hours per night	I watch what I drink and eat to reduce stress	I am aware of how my actions and words impact others	I manage my health to avoid unnecessary trips to the doctor	I set goals for a few things at home and at work
<b>6</b>	I focus on drinking more water	15 or less	4+ days per week, 30 minutes per day	8 hours 2+ times per week	I try to balance my life to effectively manage stress	I see patterns that emerge as I interact with others	I have a plan: use the previous seven to live a better life	I never start a project unless I have a plan for when it will be finished
<b>7</b>	Daily water intake: 124 oz for men, 92 oz for women	18+	5+ days per week, 30+ minutes per day	8+ hours every night	I recognize my stress and have a plan for how to alleviate it	Everything I do is purposeful and focused on keeping me in balance	Mind, body, and spirit are working towards harmony	I set goals for everything: outcome, performance, and process

