

## Physical Wellness

**PART 1: Physical Wellness Assessment-** Reflect on the physical wellness domain- identify your personal strengths, areas you would like to improve/change and barriers that may get in the way

Wellness Dimension	Strengths (describe your personal strengths)	Needs (describe what you want to change/improve)	Barriers (what could/does get in your way?)
Diet and Nutrition			
Physical Activity			
Sleep/Rest			
Relaxation/Stress Management			
Medical Care/ Screening			

# Physical Wellness Assessment

Physical Wellness Domain	<b>Strengths (describe your personal strengths)</b>
Diet and Nutrition	
Physical Activity	
Sleep/Rest	
Relaxation/Stress Management	
Medical Care/ Screening	

## Physical Wellness Assessment

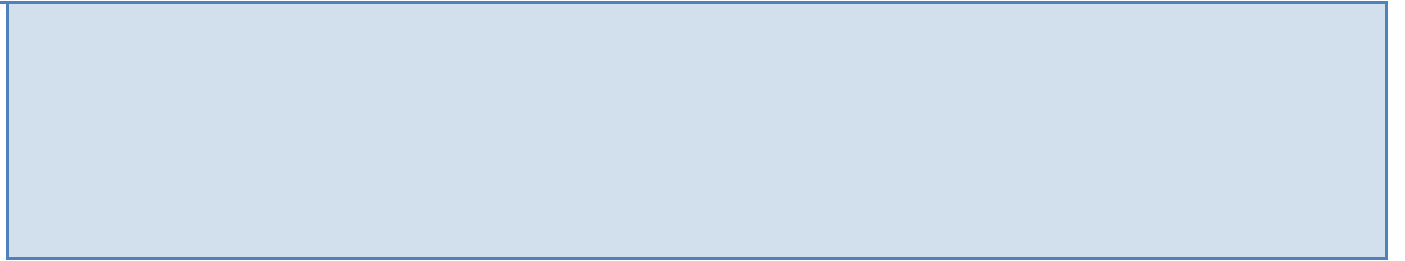
Physical Wellness Domain	Needs (area for change or improvement)
Diet and Nutrition	
Physical Activity	
Sleep/Rest	
Relaxation/Stress Management	
Medical Care/ Screening	

## Physical Wellness Assessment

<b>Physical Wellness Domain</b>	<b>Barriers (what could or does get in your way?)</b>
Diet and Nutrition	
Physical Activity	
Sleep/Rest	
Relaxation/Stress Management	

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Medical Care/  
Screening



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