



# Physical Activity Wellness Wheel

Each spoke on the Physical Activity Wellness Wheel represents an important area of physical activity that deserves time and attention. Rank your level of satisfaction for each one. The closer you rank to a 10, the more satisfied you are with your activity in this area. After you rank each category, connect the dots, and see what shape it takes!

Would your wheel roll? If not, which spoke will you put your time and attention toward first? For ideas, go to <https://www.tn.gov/wfhtn/resources/physical-activity.html>.

Let us know what you learned from this activity by completing this short survey: [https://stateofennessee.formstack.com/forms/wfhtn\\_physical\\_activity\\_wellness\\_wheel](https://stateofennessee.formstack.com/forms/wfhtn_physical_activity_wellness_wheel)

