

HOLISTIC WELLNESS EVALUATION

Date: Name:

DIMENSION

RATING (1-5)

OBSERVATIONS & GOALS

Physical

Nutrition, Sleep,
Movement

Emotional

Resilience, Stress,
Joy

Mental

Growth, Focus,
Creativity

Social

Community, Support,
Boundaries

Spiritual

Purpose, Values,
Peace

Environmental

Space, Nature,
Connection

ACTION PLAN & REFLECTIONS

Personal Use Template – Wellness Continuity Chart