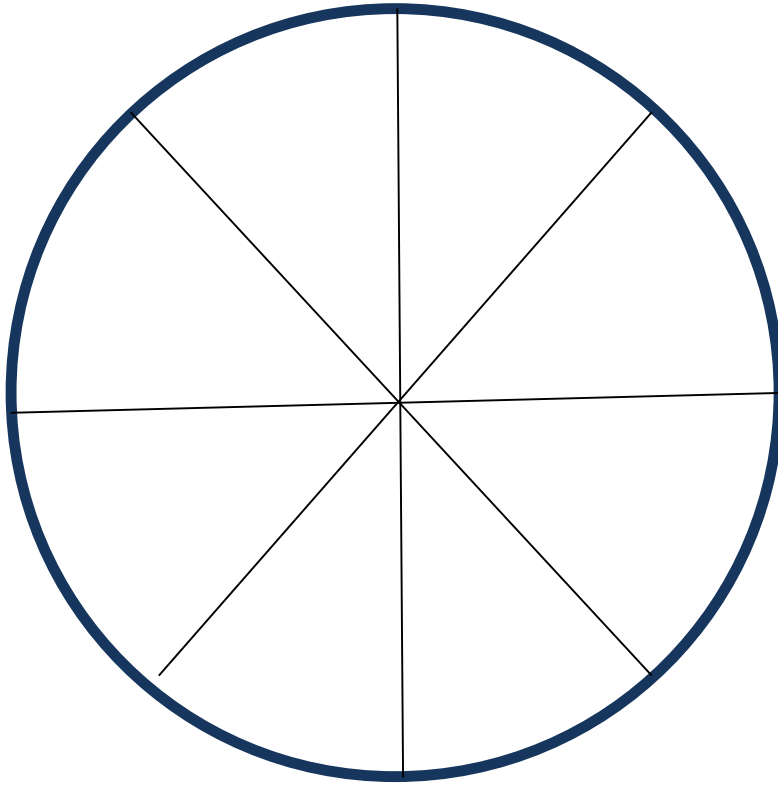


Wellness Worksheet



Name: _____

Week #: _____

I choose to focus on _____

If I were a "10" in this, I _____

The small step(s) I will take this week is _____

My coach will know I have done this because _____

If I don't follow through, I expect my coach to _____

After doing this for a week, I will reward myself by _____
