



Rate each category on a scale of 1 to 10, (1 = low engagement & 10 = high engagement)

Category	Circle number	Suggestions
<b>Sleep:</b>	1 2 3 4 5 6 7 8 9 10	
<b>Eat:</b>	1 2 3 4 5 6 7 8 9 10	
<b>Move:</b>	1 2 3 4 5 6 7 8 9 10	
<b>Breath:</b>	1 2 3 4 5 6 7 8 9 10	
<b>Connect:</b>	1 2 3 4 5 6 7 8 9 10	



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