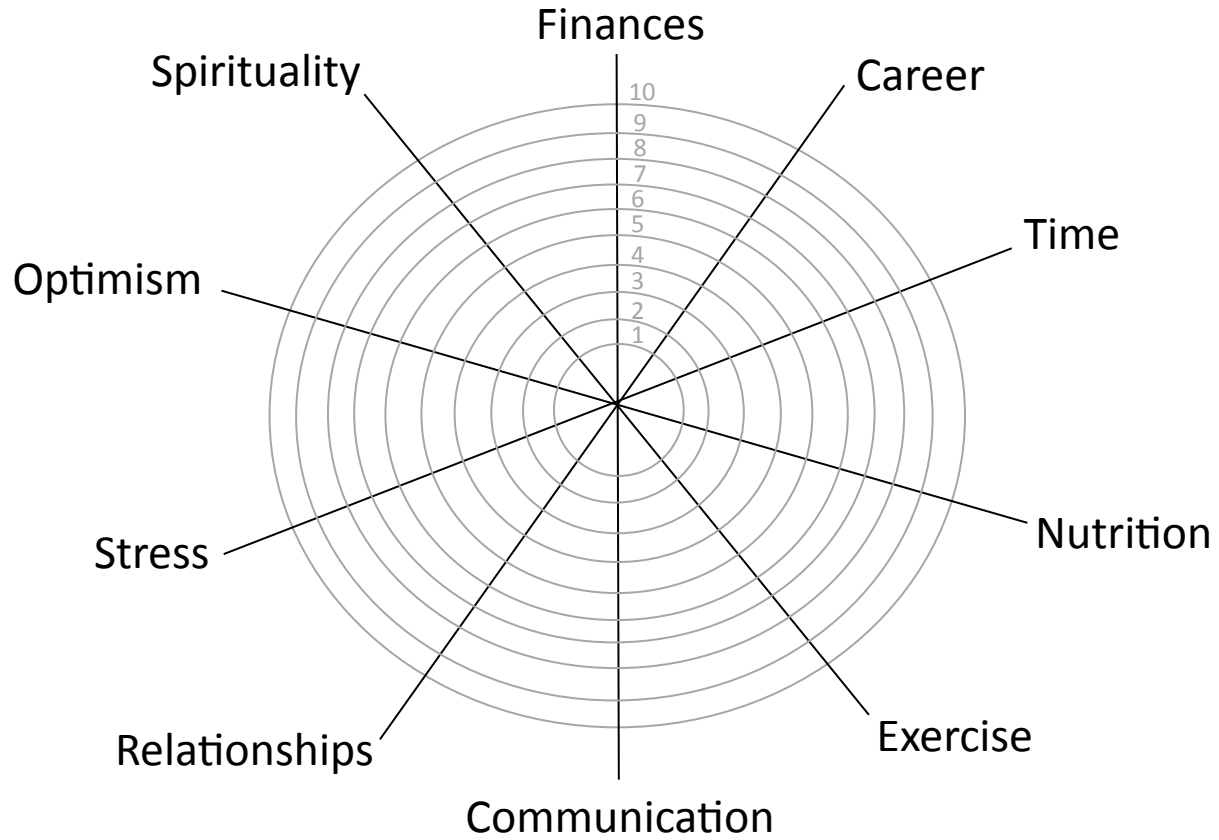


Holistic Wellness Snapshot



Personal Management / Physical Health / Interpersonal Skills / Emotional Fitness

___ Finances -	_____
___ Career -	_____
___ Time -	_____
___ Nutrition -	_____
___ Exercise -	_____
___ Communication -	_____
___ Relationships -	_____
___ Stress -	_____
___ Optimism -	_____
___ Spirituality -	_____