



# Wellness Wheels

MONTH: \_\_\_\_\_

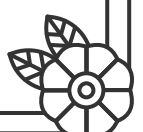
**Directions:** Label each wheel with the good habits you want to work on. For every day you complete that habit, fill in that day on the wheel.

A circular wellness wheel with a central circle containing a horizontal line and the word "HABIT" in green. The outer ring is divided into 31 numbered segments, starting from 1 at the top and ending at 31 at the top. The numbers 1 through 31 are arranged clockwise around the ring.

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# Bad Habit Breaker

WORKSHEET

**HABIT:**

I want to break this habit because

\_\_\_\_\_

To break this habit, I will

\_\_\_\_\_

**MONTH:**

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	

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