

Name: _____

Date: _____

Optimal Health and Wellness

S B J Q J Z B K L A U T I R I P S
J E W C I X Y X L L U N I I G J L
J I U O F V Q C K A Y K G H R N A
M P V L H C Y G H A I N L W Z I T
O E F L A Z M L H G X C D V N M N
R P O A I V K A T F J Y O F O M E
A O I C X K Y N L F Y V R S C E M
L C S I O Z C O A O Y Q K I O N N
S G C S S L L I E P Q H V L Q T O
V W R Y C W B T H T D Z C D Q A R
N G D H I Y P O G I U E N K Q L I
K Y H P H Z T M V M B Q C C A Y V
A K J B T C Q E L A T C S N D T N
S Y O S E H H X S L Y X G O E D E
K K E L W E L L N E S S B J P Q Y
U B H I O X A F E E L I N G S N O
T I F I R E L A T I O N S H I P S

Environmental	Relationships	Emotional	Spiritual
Feelings	Physical	Wellness	Optimal
Ethics	Health	Mental	Morals
Social	Values	Body	Cope