

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Wellness 101

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

Intellectual  
Distress  
Exercise  
Social  
Sleep

Environment  
Eustress  
Activity  
Sexual

Nutrition  
Cultural  
Balance  
Safety

Spiritual  
Physical  
Healthy  
Clean