



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 divided into 31 numbered segments (1-31) around the perimeter. The center contains a horizontal line above the word "HABIT".

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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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To break this habit, I will

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