



# Participant Workbook:

## Module 1



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# Lesson 1 Worksheet: Wellbeing Basics – Your Complete Health Foundation

## Purpose of This Worksheet

This page is meant to help you apply and personalize what you just learned in the lesson.

It's reflective and practical — it turns learning into action.

Each section (Reflection, Activity, First Step, Key Takeaways) is designed to make you think, assess your own wellbeing, and start taking small, intentional steps.

Reflect on how you care for your physical wellbeing.

Do you feel your current habits around sleep, nutrition, movement, and rest are helping or draining your energy?

What's one small change that could make you feel stronger or more balanced this week?



**Purpose:**

This tracker helps you tune in to your body's signals for hunger and thirst throughout the day. By noticing when, why, and how you eat or drink, you can start making small changes to support steady energy and wellbeing.

**Instructions:**

For one to two days, record what you notice about your hunger and thirst. Tick the box for Thirst or Hunger and use the guide below to reflect on your body's signals — not just the clock. Be honest and curious, not judgmental.

HUNGER SCALE	
1	Not hungry at all
2	Slightly hungry
3	Hungry, ready to eat soon
4	Very hungry, low energy
5	Starving

THIRST SCALE	
1	Not thirsty
2	Slightly thirsty (dry mouth)
3	Noticeably thirsty
4	Very thirsty, uncomfortable
5	Dehydrated



# Hunger & Thirst Tracker



Date	Time	Hunger	Thirst	1	2	3	4	5
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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**Purpose:**

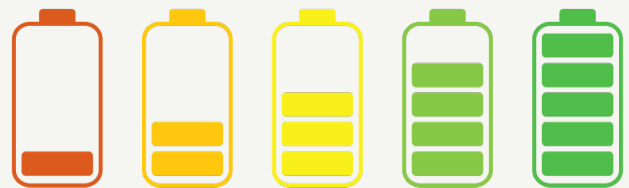
This tracker helps you notice how rest, sleep, and activity affect your energy levels throughout the day. By observing your natural rhythm, you can find patterns that guide better rest and daily balance.

**Instructions:**

For two to three days, record your rest, sleep, and energy levels.

You don't need to change anything yet — just notice when your energy rises or falls, and what might influence it (sleep, meals, movement, stress, etc.).

ENERGY SCALE	
1	Completely drained
2	Tired, hard to focus
3	Moderate, getting things done
4	Alert and steady
5	Energized and strong



# Rest & Energy Tracker



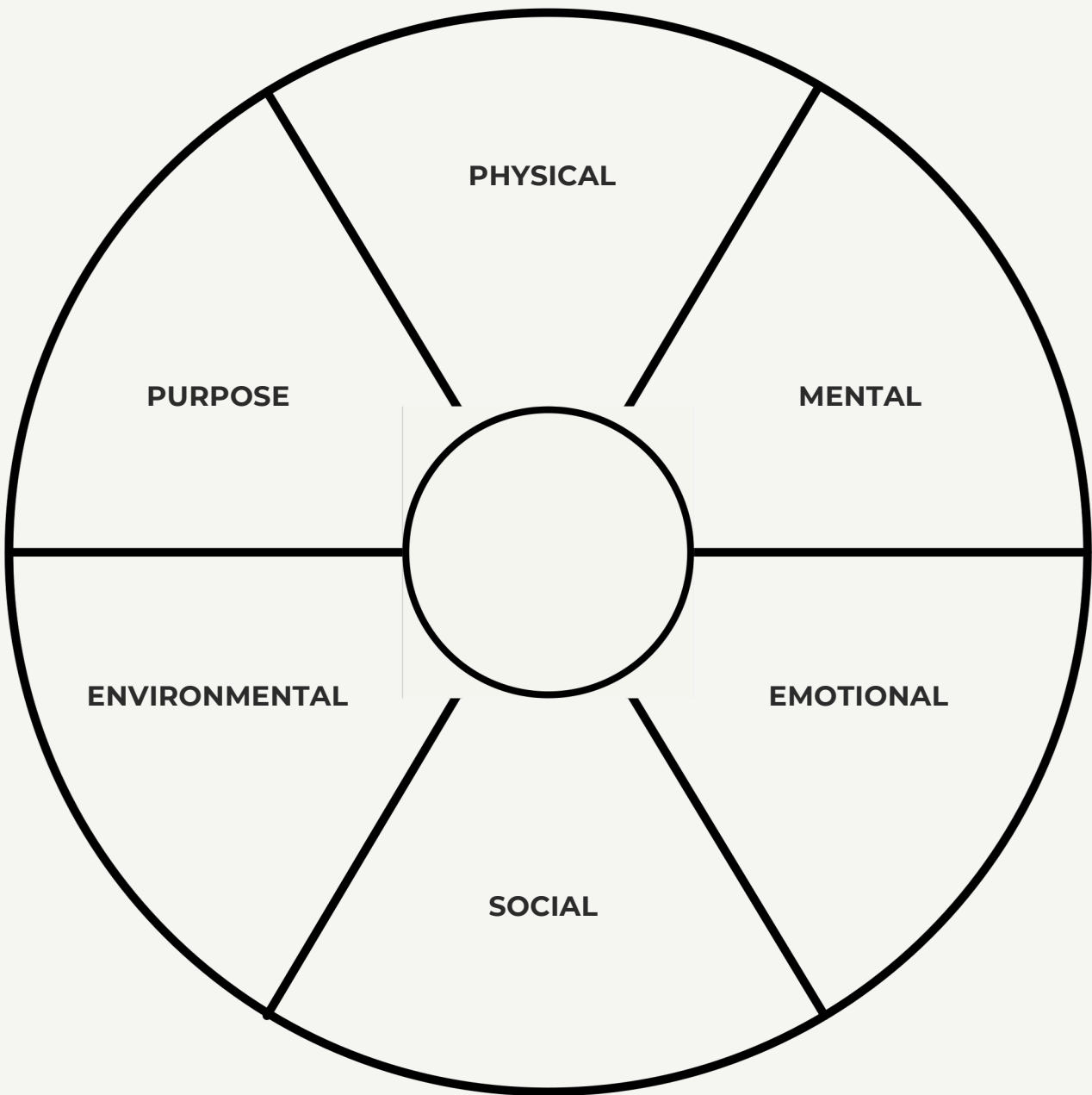
Time of Day	What Have You Been Doing?	(Physical Feelings) Tense / Rested		1	2	3	4	5
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Activity: Wellness Wheel Worksheet

Look at the Wellness Circle below. Each section represents one domain of wellness: Physical, Mental, Emotional, Social, Environmental, and Purpose. Color in each section based on your level of satisfaction or balance:

The closer to the center, the less satisfied or supported you feel.

The closer to the outer edge, the more balanced and supported you feel.



Tip: There's no right or wrong answer—this activity is simply a snapshot of where you are today.

Date:

## Reflective Questions

1 Which area feels the lowest right now?

2 What might be getting in the way of balance in that area?

3 What's one small action you can take this week to improve it?

### First Step!

Choose one area from your wheel that needs attention and write a small, realistic goal.

### My Key Takeaways:

