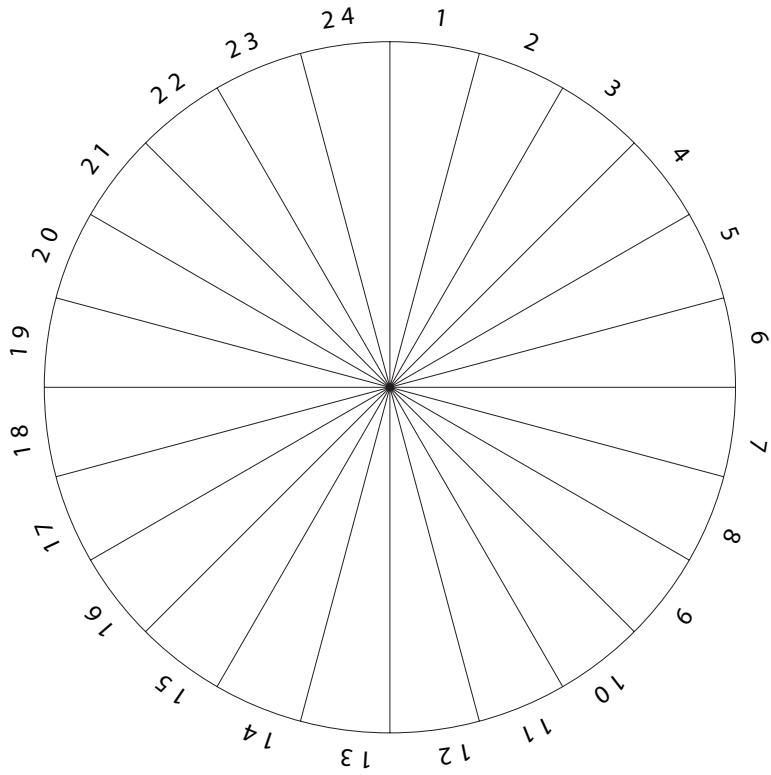


Balance Wheel Worksheet

Typical Weekday

- **red** = school
- **purple** = social time
- **blue** = work
- **pink** = self-care
- **green** = sleep
- **yellow** = family time



Typical Weekend Day

