



Quality of Life

General wellbeing, life satisfaction, and ability to engage in meaningful activities.

Social & Family Connections

Relationships with communities, individuals, and animals.

Diet

Overall nutrition, including foods, beverages, and eating patterns.

Physical Activity

Daily movement, aerobic exercise, strength, and flexibility training.

Stress Management

Managing stress from daily life, responsibilities, and wellbeing factors.

Sleep

Quality and quantity of sleep and rest, including restorative activities.

Meaning & Purpose

Activities that provide meaning, spirituality, creativity, and identity.

Environment

Impact of natural and built spaces on wellbeing, safety, and sensory experience.



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About the Whole Person Health Wheel

This visual tool is designed to support patients, providers, caregivers, educators, students, policy leaders, and communities in addressing needs and optimizing health.

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