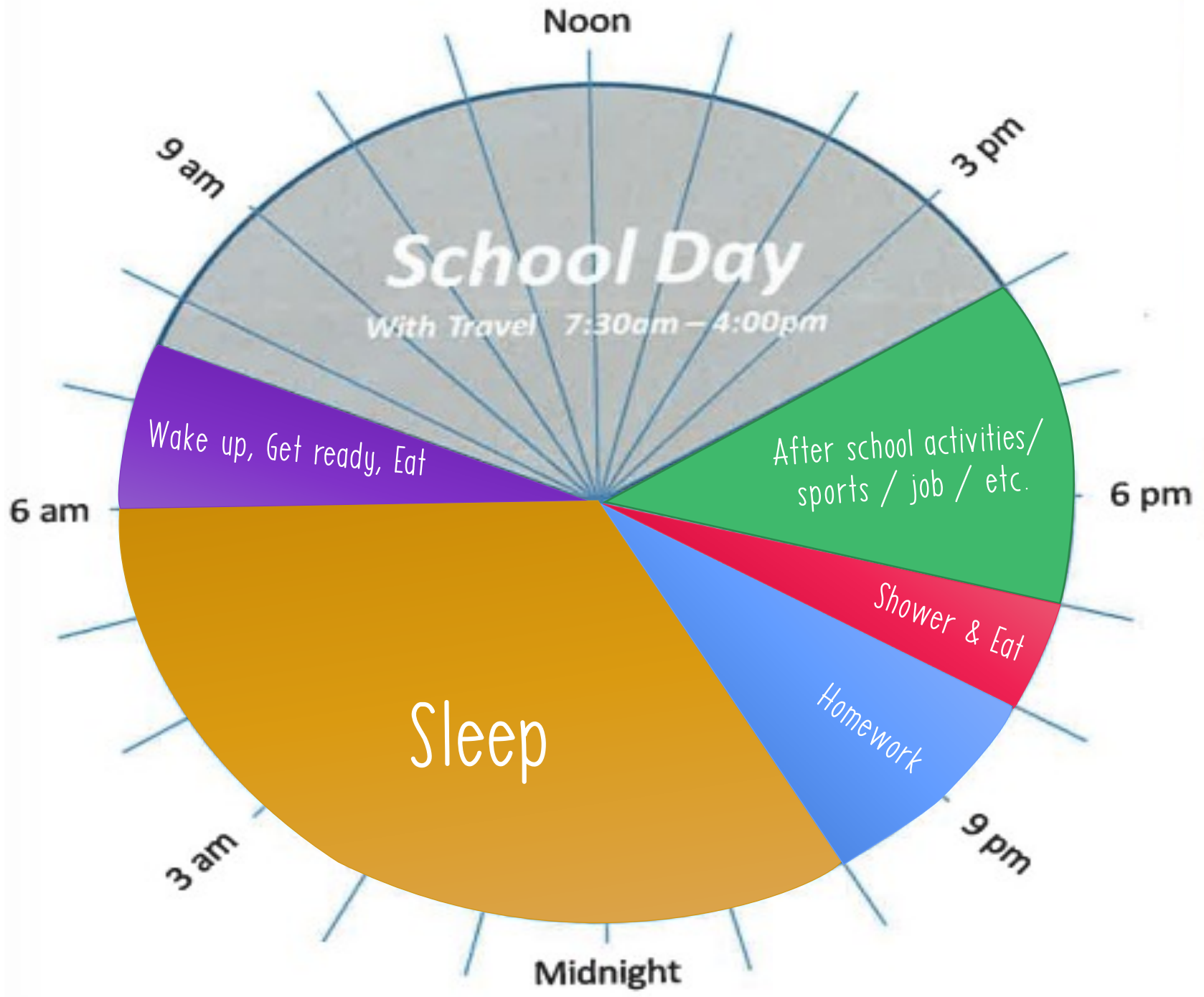


The following 24-hour wheel might represent a typical high school student's day.

Think through these questions:

- Are your 24 hours spent similarly?
- What is different about each section in your day?
- What things are not on this wheel that you might consider?
- Does your daily routine support your wellness?





Create your own wheel and consider the following:

- Eating
- Sleep
- Hygiene
- Homework
- Screen time
- Movement
(deliberate exercise)
- Social Connection
(family, friends, etc.)
- Co-curricular Participation
(clubs, athletics)
- Winding down / Deactivating stress
(relaxing, hobbies, meditation, etc.)
- Work
(job, household responsibilities, other responsibilities)



