

Wellness Dimension Tracking Form

Your name: _____

For Students in catalogs prior to Fall of 2009

Check here if you fulfilled one or both OED/PED requirements

___ 1st OED/PED skills course (You're halfway there)

___ 2nd OED/PED skills course (You're done!)

Dimensions required	Workshop to fulfill dimension(s)	Workshop completed
Ecological Wellness		
Spiritual Wellness		
Physical Wellness		
Emotional Wellness		
Intellectual Wellnes		
Social Wellness		
Economic Wellness		
Vocational Wellness		

Example:

Spiritual Wellness	Budo Taijutsu	12/1/2009
Physical Wellness	Budo Taijutsu	12/1/2009