

## Wellness Action Planner Tools

<https://theq.ca/wellness-action-planner-tools.pdf>

<https://WellnessActionPlanner.com>

Wellness costs time, but can be gained relatively inexpensively. We show people how. We have 1. A wellness self-help model, 2. A wellness business model for people who may want to earn some income from spreading our Wellness Action Plan model, 3. A FUN model.

### Mission

Our mission is to bring Dr. Ouellette's Wellness Action Plan to everyone, to build a Wellness Web Workshop clientele, to train new Wellness Instructors as needed, and to have some FUN.

### Purpose

To help each other with Wellness Self-Help action strategies, help each other with Wellness Business Model strategies, and have FUN.

### Our Wellness Business Tools

If you have a wellness business of some kind then these tools will help you with that business.

1. <https://TheQ.ca/choosewellness.pdf> Free fillable Wellness Needs form. Open it **only** in Adobe Reader in order to keep it fillable. This form helps identify where needs are, where wishes are, and where discussions should focus.
2. <https://TheQ.ca/register.php> Wellness Calculator. Nominal fee \$9.95  
This is our formal Wellness Web Assessment. Take it and see how we build our initial file to measure the state of wellness on 38 scales.
3. [Workshop Workbook #1](#) Softcover \$19.99 eBook \$9.99 Mandatory for Wellness Web Workshops.
4. [Workshop Workbook #2](#) Softcover \$19.99 eBook \$9.99 Optional
5. [Seven Supplements the Doctor Takes and Why](#) 30 pages Nominal fee \$5.46
6. [Nutritional Supplement Assessment Contr-Indications Screening Form](#) Included with the Seven Supplements document.
7. [Laws of the FoodPainConnection](#) Free White Paper
8. [Wellness Health Agent Explained](#) Agent licencing is Free for the first year.
9. <http://PainReliefLifestyleStore.com/pay.html> Wellness Agent's sales/purchase page
10. <http://ImmortalityDate.com> Our FUN web site.

There may be a small learning curve to learn how to use all these tools. Not to worry, it's a small curve and we will show you how online or in weekly.