

## What Is Your Level of Wellness?

**Directions:** Read each statement. If it is true for you, place an "X" or a check "✓" in the space provided. Total the number of items marked in each category to get your score for that category.

### Physical Health

- \_\_\_\_\_ I seldom feel tired or run down.
- \_\_\_\_\_ I get at least 8 hours of sleep per night.
- \_\_\_\_\_ I regularly use dental floss and a soft toothbrush.
- \_\_\_\_\_ I do not use tobacco.
- \_\_\_\_\_ I keep within 5 pounds of my ideal weight.
- \_\_\_\_\_ I use stairs instead of escalators or elevators whenever possible.
- \_\_\_\_\_ I do at least 20 minutes of aerobic exercise at least 3 times a week.
- \_\_\_\_\_ I eat breakfast every day.
- \_\_\_\_\_ I do not use alcohol or non-medical drugs.
- \_\_\_\_\_ I take at least 10 minutes each day to relax completely.
- \_\_\_\_\_ I limit my dietary intake of refined sugar and salt.
- \_\_\_\_\_ I eat a balanced diet that includes a wide variety of foods.

**Physical Health Score** \_\_\_\_\_

### Mental Health

- \_\_\_\_\_ I ask for help when I need it.
- \_\_\_\_\_ I am happy most of the time.
- \_\_\_\_\_ Sometimes I like to be alone.
- \_\_\_\_\_ I can name 3 things I do well.
- \_\_\_\_\_ I give others sincere compliments.
- \_\_\_\_\_ I can accept compliments graciously.
- \_\_\_\_\_ I feel okay about crying and allow myself to do so.
- \_\_\_\_\_ I listen to and think about constructive criticism.
- \_\_\_\_\_ I am able to say "no" to people without feeling guilty.
- \_\_\_\_\_ I can be satisfied with my effort if I have done my best.
- \_\_\_\_\_ I express my thoughts and feelings to others.
- \_\_\_\_\_ I have at least one hobby or interest I pursue and enjoy.

**Mental Health Score** \_\_\_\_\_

### Social Health

- \_\_\_\_\_ I meet people easily.
- \_\_\_\_\_ I am comfortable entering into conversation with new people.
- \_\_\_\_\_ I continue to participate in an activity even though I don't get my way in an argument.
- \_\_\_\_\_ I have at least 1 or 2 close friends.
- \_\_\_\_\_ When working in a group, I can accept other people's ideas and suggestions.
- \_\_\_\_\_ I can say "no" to my friends if they are doing something I do not want to do.
- \_\_\_\_\_ I can accept the differences in my friends and classmates.
- \_\_\_\_\_ I avoid gossiping about people.
- \_\_\_\_\_ I usually have success making friends with females my age.
- \_\_\_\_\_ I usually have success making friends with males my age.
- \_\_\_\_\_ I am comfortable carrying on a conversation with an adult.
- \_\_\_\_\_ If I have a problem with someone, I try to work it out.

**Social Health Score** \_\_\_\_\_

**Scoring Directions:** The highest possible score for each area is 12. Look at your scores and compare them to the following rating scale:

- 10 to 12 Your level of health in that area is VERY GOOD
- 7 to 9 Your level of health in that area is GOOD
- 4 to 6 Your level of health in that area is FAIR.
- Below 4 Indicates a general AREA OF CONCERN.