

Wellness Assessment

Answer all the questions for each of the three areas of wellness below by marking the choice that best reflects your current behavior

Review your answers and establish one goal for each area.



Physical Wellness

disagree somewhat agree agree strongly agree

I eat a balanced diet

I don't eat fast food or packaged food

I know what nutritious, whole foods are

I exercise 30+ minutes at least 5 times a week

I am at a healthy weight for my height and age

I sleep 7+ hours each night

I consider myself to be in good physical health

I take time each day to do something I really enjoy

Emotional

disagree somewhat agree agree strongly agree

I believe I am in control of my emotions and how I react to situations

I can express myself and my feelings in a positive, healthy way

I have strategies in place to help me relieve stress and anxiety

I have healthy, close personal relationships in which I can express who I am

I surround myself with positive, uplifting people

Environmental

	disagree	somewhat agree	agree	strongly agree
I know the safety of the products I use in my home				
I know the safety of the products I use on my body				
I reuse and recycle whenever possible				
I am conscious of the amount of water I use				
I recognize my impact on the environment				
I take deliberate action to minimize my impact				
There is an abnormal amount of noise in my work or home environment				
I seek ways to improve my social environment				

Goal for each area
