

# Wellness Inventory

## Physical

	Almost always = 3	Sometimes = 2	Seldom or occasionally = 1	Never = 0
I engage in sweat producing physical activity for at least 30 minutes, three times per week.				
I walk or bicycle as a means of transportation whenever possible.				
An integral part of my leisure time includes physical activity instead of TV viewing, surfing the net or playing video games.				
I feel that I am at a healthy weight				
I am happy with my body.				
I am a non smoker.				
I average 6-8 hours of sleep daily.				
I eat a balanced diet consisting of food high in complex carbohydrates and low in fat.				
If I am heterosexual, I use an effective birth control method consistently when I am intimate.				
If I am sexually active, I use protection to minimize my risk of Sexually Transmitted Infections (STI's)				
I do not restrict calories, fad diet, or purge to get rid of excess calories.				
I try to maintain a normal body weight.				
I take a daily multiple vitamin.				
I can enjoy a nice meal without overeating or feeling guilty.				
I eat at least 5 servings of fresh fruits and/or vegetables daily.				
I try to include fiber or roughage (whole grains, fresh fruits, vegetables, or bran) in my diet.				
I wear a safety belt when driving.				
<b>Total Each Column</b>				

**GRAND TOTAL SCORE (Sum of Column Totals) = \_\_\_\_\_**

*If your total is less the 40 you may want to consider a behavior change in this dimension.*

# Wellness Inventory

## Emotional

	Almost always = 3	Sometimes = 2	Seldom or occasionally = 1	Never = 0
I am able to deal with day-to-day pressures.				
I can establish friendships easily.				
I am comfortable expressing my feelings with others.				
I am happy with myself.				
I am emotionally comfortable with my sexuality and current sexual practices.				
I do not rely on drugs & alcohol as a way to manage stress.				
I am able to accept feelings of sadness, depression, and anxiety, realizing that they are almost always transient.				
I try to associate with people who have a positive attitude about life.				
I am satisfied with my life.				
I am able to identify the situations and factors that overstress me.				
I am willing to give priority to my own needs for time and psychological space by saying 'no' to others' request of me.				
<b>Total Each Column</b>				

**GRAND TOTAL SCORE (Sum of Column Totals) = \_\_\_\_\_**

*If your total is less than 28 you may want to consider a behavior change in this dimension.*

# Wellness Inventory

## Social

	Almost always = 3	Sometimes = 2	Seldom or occasionally = 1	Never = 0
I care about others.				
I'm involved in at least 1 college/university or community group/club.				
I refrain from abusive relationships with members of same gender as well as with opposite gender.				
I have a positive effect on others.				
I appreciate cultural diversity and have friends from various backgrounds.				
I am satisfied with my social life.				
I do not drive after drinking or get into a car with a driver who has been drinking.				
I am able to communicate with others effectively.				
I make and sustain close friendships and intimate relationships.				
I get along well with my friends.				
I am comfortable with others who are different than me (different race, culture, sexual orientation etc.)				
<b>Total Each Column</b>				

**GRAND TOTAL SCORE (Sum of Column Totals) = \_\_\_\_\_**

*If your total is less than 28 you may want to consider a behavior change in this dimension.*

# Wellness Inventory

## Intellectual

	Almost always = 3	Sometimes = 2	Seldom or occasionally = 1	Never = 0
When necessary I seek out and access resources.				
I adapt to change.				
I am able to effectively schedule my time.				
I commit energy and time to professional and self-development.				
I feel capable of making important decisions.				
I know how to set and reach goals and objectives.				
I listen to and consider ideas different from my own.				
I pursue mentally stimulating interests.				
With new information and experience, I re-evaluate my judgment and opinions.				
I regularly use my leisure time for hobbies.				
I stay current with local, national and world events.				
I accomplish goals I set for myself.				
I enjoy learning new things.				
<b>Total Each Column</b>				

**GRAND TOTAL SCORE (Sum of Column Totals) = \_\_\_\_\_**

*If your total is less the 32 you may want to consider a behavior change in this dimension.*

# Wellness Inventory

## Occupational

	Almost always = 3	Sometimes = 2	Seldom or occasionally = 1	Never = 0
I enjoy my school.				
I am looking forward to my chosen career.				
In past jobs or volunteer work, I have been compatible with my co-workers.				
My chosen job will not be in conflict with my personal values.				
I have decided on my academic areas of study.				
I have identified career interests, skills, and abilities.				
I understand job search skills (resume writing, interviewing, etc.)				
I know about available campus resources in my area of study.				
I have considered how relationships, marriage, family, and career fit together.				
In past work or volunteer jobs I was able to fulfill my work responsibilities.				
<b>Total Each Column</b>				

**GRAND TOTAL SCORE (Sum of Column Totals) = \_\_\_\_\_**

*If your total is less than 28 you may want to consider a behavior change in this dimension.*

# Wellness Inventory

## Spiritual

	Almost always = 3	Sometimes = 2	Seldom or occasionally = 1	Never = 0
I have a sense of meaning and purpose in my life.				
I meditate or pray regularly.				
My actions reflect my spiritual beliefs.				
I have feelings of peace.				
I am comfortable with my spirituality at this time in my life.				
I go to church, synagogue, spiritual meetings, or inspirational gatherings.				
I take time out of introspection and reflection of the 'bigger picture.				
I take time for spiritual growth and development.				
I have been challenged in my beliefs before.				
I make attempts to expand my awareness of different ethnic, racial, and religious groups.				
I am tolerant of other's views about life issues.				
I am able to set personal limits in an intimate relationship.				
<b>Total Each Column</b>				

**GRAND TOTAL SCORE (Sum of Column Totals) = \_\_\_\_\_**

*If your total is less the 30 you may want to consider a behavior change in this dimension.*