

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.				
Total Each Column				

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.				
Total Each Column				

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.)				
Total Each Column				

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.				
Total Each Column				

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.				
Total Each Column				

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.				
Total Each Column				

GRAND TOTAL SCORE (Sum of Column Totals) = _____

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