## Wellness Inventory

### Physical

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

### 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

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

**Total Each Column**

**GRAND TOTAL SCORE (Sum of Column Totals) = ____________________**

*If your total is less the 28 you may want to consider a behavior change in this dimension.*
# Wellness Inventory

## Social

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

**Total Each Column**

**GRAND TOTAL SCORE (Sum of Column Totals) = ____________________**

*If your total is less the 28 you may want to consider a behavior change in this dimension.*
# Wellness Inventory

## Intellectual

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

**Total Each Column**

**GRAND TOTAL SCORE (Sum of Column Totals) = ____________________**

*If your total is less than 32, you may want to consider a behavior change in this dimension.*
### Wellness Inventory

#### Occupational

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

**Total Each Column**

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

*If your total is less the 28 you may want to consider a behavior change in this dimension.*
## Wellness Inventory

**Spiritual**

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

**Total Each Column**

**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.*