

Wellness Quiz

TO LIVE WELL IS TO BE WELL.

Purpose: Evaluate your current wellness habits and identify areas for improvement.

HOW OFTEN DO YOU EXERCISE?

- A) NEVER
- B) 1-2 TIMES A WEEK
- C) 3-4 TIMES A WEEK
- D) 5 OR MORE TIMES A WEEK

HOW MANY SERVINGS OF FRUITS AND VEGETABLES DO YOU EAT DAILY?

- A) NONE
- B) 1-2 SERVINGS
- C) 3-4 SERVINGS
- D) 5 OR MORE SERVINGS

DO YOU PRACTICE MINDFULNESS OR RELAXATION TECHNIQUES?

- A) NEVER
- B) OCCASIONALLY
- C) FREQUENTLY
- D) DAILY

HOW WELL DO YOU SLEEP AT NIGHT?

- A) VERY POORLY (LESS THAN 5 HOURS)
- B) FAIRLY WELL (5-6 HOURS)
- C) WELL (6-8 HOURS)
- D) VERY WELL (MORE THAN 8 HOURS)

HOW OFTEN DO YOU TAKE BREAKS OR TIME FOR SELF-CARE DURING THE WEEK?

- A) NEVER
- B) ONCE A WEEK
- C) A FEW TIMES A WEEK
- D) DAILY

HOW DO YOU MANAGE STRESS?

- A) I DON'T HAVE ANY STRESS MANAGEMENT TECHNIQUES
- B) I OCCASIONALLY USE TECHNIQUES LIKE DEEP BREATHING OR TALKING TO FRIENDS
- C) I REGULARLY ENGAGE IN STRESS-RELIEF ACTIVITIES LIKE EXERCISE OR MEDITATION
- D) I HAVE A CONSISTENT ROUTINE FOR MANAGING STRESS

DO YOU SET PERSONAL WELLNESS GOALS?

- A) NO, I DON'T SET ANY GOALS
- B) SOMETIMES, BUT I DON'T ALWAYS FOLLOW THROUGH
- C) YES, I SET GOALS AND TRY TO ACHIEVE THEM
- D) YES, AND I REGULARLY REVIEW AND ADJUST MY GOALS

HOW DO YOU FEEL ABOUT YOUR CURRENT LEVEL OF WELL-BEING?

- A) VERY POOR
- B) FAIR
- C) GOOD
- D) EXCELLENT

Scoring & Reflection

Mostly A's: Areas for Improvement

You may want to consider incorporating more wellness practices into your daily routine. Start with small changes, like adding a few servings of fruits and vegetables or scheduling regular workout sessions.

Mostly B's: Moderate Awareness

You have some healthy habits but may benefit from a more consistent approach. Think about setting specific wellness goals to guide your progress.

Mostly C's: Good Practices

You're on the right track with your wellness habits! Continue to build on these practices and consider introducing new techniques for even greater well-being.

Mostly D's: Excellent Wellness

You prioritize your wellness and have established strong habits! Keep up the great work, and consider sharing your insights with others.

TO LIVE WELL.