

TestWell[®]: Wellness Inventory for Adults

Instructions

On the answer sheet provided, please **circle the number best identifies your response** to each corresponding statement.

1. **Never or Almost Never**
2. **Occasionally**
3. **Often**
4. **Very Often**
5. **Always or Almost Always**

Physical Activity

1. I engage in sweat-producing physical activity for 20-30 minutes at least three times per week.
2. My physical activity includes stretching, aerobic activity and strength conditioning.
3. I walk or bicycle as a means of transportation whenever possible.
4. An integral part of my leisure time includes physical activity instead of TV viewing or surfing the Internet.
5. If I am not in shape, I avoid sporadic once per week or less) strenuous exercise. (If you are in shape answer "5")

Nutrition

6. I eat at least five servings of fruits and vegetables every day. (one serving equals one piece of fruit or 1/2 cup)
7. I rarely eat at fast food restaurants.
8. I intentionally include foods that are high in fiber in my diet on a daily basis. (i.e. whole grain breads and cereals, beans, etc.)
9. I maintain my weight within the recommendations for my height and gender.
10. I avoid eating foods that are high in fat (whole milk dairy products, fried foods, hot dogs, deserts, gravies, and fatty meats)

Self Care

11. I avoid the use of tobacco products. (Cigarettes, smokeless tobacco, cigars, pipes)
12. I examine my breasts or testes on a monthly basis.
13. I protect my skin from sun damage by using sunscreen, wearing hats, and/or avoiding tanning booths and sun lamps.
14. I maintain my blood pressure within the range recommended by my doctor. (If you do not have your blood pressure checked, answer "1")
15. I floss my teeth every day.

Safety

16. I wear a seat belt when traveling in a vehicle..
17. I stay within five miles per hour of the speed limit.
18. I avoid riding with drivers who are under the influence of alcohol or other drugs.
19. I enjoy myself without the use of alcohol or other drugs.
20. I use the recommended safety equipment (pads, mouth guards, goggles, life jacket, etc.) for any activity I participate in.

Social and Environmental Wellness

21. I regularly recycle my paper, plastic, glass or aluminum.

22. My behavior reflects fairness and justice.
23. I take time to play with my family and friends.
24. When I notice something that is dangerous to others I take action to correct it.
25. I contribute time and/or money to at least one organization that strives to better the community where I live.

Emotional Awareness and Sexuality

1. My sexual relationships and behaviors are maintained in a manner that is healthy for me and for others.
2. I am able to develop close intimate, personal relationships.
3. I am able to love others without expecting them to earn my love.
4. I have positive relationships with both men and women in my life.
5. I feel positive about myself as a sexual person.

Emotional Management

31. I express my feelings of anger in ways that are not hurtful to others.
32. I set realistic objectives for myself.
33. When I make mistakes, I learn from them.
34. I do not feel unreasonably hurried in my daily routine.
35. I accept responsibility for my own actions.

Intellectual Wellness

36. I keep informed about social, political and/or current issues.
37. I watch educational programs on television every week, (News, political discussions, documentaries, public TV, or the Discovery channel).
38. I seek opportunities to learn new things.
39. Before making decisions, I gather facts.

40. I participate in activities such as visiting museums, exhibits, and zoos, or attending plays and concerts at least three times a year.

Occupational Wellness

41. I enjoy my work.
42. I am satisfied with the balance between my work time and leisure time.
43. I am satisfied with my ability to manage and control my workload.
44. The level of stress in my work environment is comfortable for me.
45. At work my level of authority is consistent with my level of responsibility.

Values, Spirituality and Beliefs

46. I feel that my life has a positive purpose.
47. I am able to discuss my own death with family and friends.
48. My actions are guided by my own beliefs, rather than the beliefs of others..
49. I spend a portion of every day in prayer, meditation, and/or personal reflection.
50. I am tolerant of the values and beliefs of others.