

# TestWell<sup>®</sup>: Wellness Inventory – College Edition

## 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 Fitness

1. I exercise aerobically (continuous, vigorous, sweat-producing exercise for (20-30 minutes) at least 3 times per week.
2. Stretching is a routine part of my exercise program.
3. I walk or cycle as a means of transportation whenever possible.
4. I include weight training in my exercise program at least 2 times per week.
5. If I am not in shape, I avoid sporadic (once a week or less) strenuous exercise. If you are in shape, answer 5.
6. I engage in an adequate amount of physical activity to keep my resting heart rate at 60 beats per minute.
7. My friends and family support my efforts to exercise regularly.
8. I know my exercise target heart rate and exercise within my target zone.
9. I maintain my weight within the recommendations for my height and gender.
10. I maintain my body fat percentage in the acceptable range for my gender. (If you do not know your body fat percentage, answer "1".)

### Nutrition

11. I eat a variety of wholesome, minimally processed foods (fruits, vegetables, whole grains and whole grain products, low fat dairy, and low fat/high protein foods) in moderation.
12. I drink at least eight 8-ounce glasses of water every day.
13. I consume all of my calories before 8:00 p.m.
14. I include cruciferous vegetables (cabbage, broccoli, cauliflower, Brussels sprouts) in my daily diet.
15. I limit my salt intake by not salting my food at the table.
16. I avoid eating foods that are high in fat (fatty cuts of meat, whole milk dairy products, fried foods, hot dogs, processed foods, rich desserts, and creamy sauces).
17. I eat at fast food restaurants once per week or less.
18. I include whole grain breads and/or cereals in my diet every day.
19. I maintain the recommended weight for my height and gender.
20. I eat at least five servings (one serving equals 1/2 cup) of fruits and/or vegetables every day.

## Self-Care And Safety

21. I refrain from riding with vehicle operators who are under the influence of alcohol or other drugs.
22. I examine my breasts or testes on a monthly basis.
23. I choose not to use tobacco products.
24. I get 6 - 8 hours of sleep every day.
25. I wear my seat belt and/or shoulder harness while traveling.
26. I floss my teeth every day.
27. When I travel on a motorcycle, bicycle, or all-terrain vehicle, I wear a helmet.
28. I take action to protect my skin from damage caused by overexposure to the sun, tanning booths, or sun lamps.
29. I choose to enjoy myself without the use of alcohol or drugs.
30. I maintain my blood cholesterol level within the range recommended by my doctor. (If you have never had your cholesterol checked, answer "1".)

## Environmental Wellness

31. To conserve energy, I turn off lights and electrical appliances (such as stereos, televisions, or curling irons) when I am not using them.
32. I carpool or take as many riders as I safely can when I am driving a car. (If you do not drive, answer "5".)
33. In order to protect fish and wildlife, I cut or tear plastic six-pack rings before throwing them away. (if you do not use these items, answer "5".)
34. I do not purchase food packaged in styrofoam.
35. When I go shopping, I take my own reusable bag to carry my purchases rather than accept plastic or paper bags.
36. I do not let the water faucet run while I am brushing my teeth, shaving, or washing my car.
37. I regularly recycle my paper, plastic, glass, and aluminum.
38. I am involved in learning more about how I can protect the environment.
39. I encourage others to support efforts to protect the environment.

40. I purchase products made with recycled materials whenever possible.

## Social Awareness

41. My behavior reflects fairness and justice.
42. I contribute to the feeling of acceptance with my family, friends, and coworkers.
43. I resolve conflict in a positive and respectful manner.
44. I refrain from operating a vehicle while I am under the influence of alcohol or other drugs.
45. I keep up to date with world news.
46. I participate in local or national politics.
47. I help others in need.
48. When I notice a safety hazard, I take action to correct the situation.
49. I initiate discussions with individuals who are from a different cultural or ethnic background from me.
50. I participate in university/community events.

## Emotional Awareness and Sexuality

51. I am able to develop close, intimate, personal relationships.
52. I respect the value of a long-term monogamous relationship.
53. I have positive relationships with men in my life.
54. I have positive relationships with women in my life.
55. I have satisfying relationships with other people that are not sexual in nature.
56. I respect other people's decisions to engage or not engage in sexual behavior.
57. I understand how sexually transmitted diseases, including AIDS, are spread.
58. If I engage in sexual intercourse I use reliable, proven methods to prevent unwanted pregnancy. (If you do not engage in sexual intercourse, answer "5".)
59. I respect the rights of others who have different sexual orientations.
60. If I engage in sexual behavior I use condoms to minimize the risk of spreading or contracting

sexually transmitted diseases. (If you do not engage in sexual behavior, answer "5".)

80. I am interested in understanding the views of others.

### **Emotional Management**

61. I express my feelings of anger in ways that are not hurtful to others.
62. I can say "no" without feeling guilty.
63. I can accept the things about myself that I cannot change.
64. I keep things in perspective.
65. I include relaxation time as part of my daily routine.
66. When I make mistakes, I learn from them.
67. I set realistic objectives for myself.
68. I can relax my body and mind without the use of drugs or alcohol.
69. I accept responsibility for my actions.
70. I accept responsibility for creating my own feelings.

### **Occupational Wellness**

81. Enjoyment is a consideration I use when making occupational choices.
82. I take advantage of opportunities to learn new skills that will enhance my future employment
83. I am knowledgeable about the skills necessary for the occupations in which I am interested.
84. I am aware of the time commitment necessary to pursue the occupations of my choice.
85. I am aware of how plans for my personal life may affect future occupational choices.
86. I strive to attain a good work ethic.
87. I am satisfied with my ability to make my own choice of occupation.
88. I actively pursue information about different occupations that may be of interest to me.
89. I am aware of occupational choices that I am well suited for.
90. I am aware of my own strengths and skills.

### **Intellectual Wellness**

71. I keep informed about social and political issues.
72. I am interested in learning about scientific discoveries.
73. I make an effort to maintain and improve my writing and verbal skills.
74. I seek opportunities to learn new things.
75. I participate in activities such as visiting museums, exhibits, and zoos, or attending plays and concerts at least three times a year.
76. I watch educational programs on television or listen to educational programs on the radio.
77. I actively pursue learning about topics that interest me.
78. I read about different topics from a variety of newspapers, magazines, or books.
79. I gather information from several sources before making important decisions.

### **Spirituality and Values**

91. I am satisfied with my spiritual life.
92. I spend a portion of every day in prayer, meditation, and/or personal reflection.
93. I feel a sense of connectedness with other human beings.
94. I am mainly guided by my "inner self" rather than the expectations of others.
95. I am concerned about humanitarian issues.
96. My values guide my daily life.
97. My leisure time activities are consistent with my values.
98. I respect the right of others to choose different values and beliefs.
99. I offer support to individuals who are seriously ill or dying.
100. I feel that my life has a positive purpose.