

# 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 Activity

1. I engage in sweat-producing physical activity for 20-30 minutes at least three times per week.
2. I stretch for at least 5 minutes every day.
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, surfing the net or playing video games.
5. My friends and family encourage me to be physically active.

### Nutrition

6. I eat at least five servings of fruits and vegetables every day. (One serving equals one piece of fruit or ½ cup).
7. I avoid fad diets or yo-yo dieting. (Alternating very little with eating normally or eating too much).
8. I limit the number of beverages containing caffeine (coffee, tea, sodas) to two a day.
9. I eat or drink at least two servings of milk products every day.
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).
12. I get 6 – 8 hours of sleep every night.
13. I protect my skin from sun damage by using sunscreen, wearing hats, and/or avoiding tanning booths and sun lamps.
14. I examine my breasts or testes on a monthly basis.
15. I floss my teeth every day.

### Safety

16. I wear a seat belt when traveling in a vehicle.
17. I know how to respond in the event of an emergency situation.
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. I participate in campus events that help my community. (Food drives, fundraisers, planting trees, disaster relief, Habitat for Humanity).
23. I perform a random act of kindness at least once a month.
24. When I notice something that is dangerous to others I take action to correct it.
25. I resolve conflict with others in a positive and respectful manner.

## **Emotional Awareness and Sexuality**

26. I have satisfying relationships with others that are not sexual in nature.
27. I respect the value of a long-term monogamous relationship.
28. I respect other people's decisions to engage or not engage in sexual behavior.
29. I am tolerant of others who have different sexual orientations
30. If I engage in sexual behavior I use condoms to minimize the risk of spreading disease, contracting disease and preventing unwanted pregnancy.

## **Emotional Management**

31. I feel positive about myself.
32. I keep things in perspective.
33. When I make mistakes, I learn from them.
34. I set realistic goals for myself.
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 learn about different topics that interest me from books, magazines, newspapers, and the Internet.
39. Before making decisions, I gather facts.
40. I am interested in understanding the views of others.

## **41. Occupational Wellness**

42. I take advantage of opportunities to learn new skills which will enhance my future employment possibilities.
43. I know what skills are necessary for the occupations I am interested in.
44. I take advantage of opportunities to gain work experience
45. I strive to develop good work habits. (Examples: punctuality, dependability, and initiative).
46. Enjoyment is a consideration I use when choosing a possible career.

## **Values and Beliefs**

46. I feel that my life has a positive purpose.
47. My leisure time activities are consistent with my values.
48. It is important to me that I maintain the trust of my family and friends.
49. My actions are guided by my own beliefs, rather than the beliefs of others.
50. I am tolerant of the values and beliefs of others.