

TestWell[®]: Wellness Inventory – Standard Edition

Instructions

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

1. **Almost Never** (less than 10% of the time)
2. **Occasionally** (approximately 25% of the time)
3. **Often** (approximately 50% of the time)
4. **Very Often** (approximately 75% of the time)
5. **Almost Always** (90% of the time)

Physical Fitness and Nutrition

1. I exercise aerobically (continuous, vigorous, sweat-producing exercise for (20-30 minutes) at least three times per week.
2. Stretching is a routine part of my exercise program.
3. I increase my physical activity by walking or biking for transportation whenever possible.
4. My exercise program includes an adequate amount of each of the three major fitness components: endurance (aerobic), strength (weight training), and flexibility (stretching).
5. If I am not in shape, I avoid sporadic (once a week or less) strenuous exercise.
6. 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).
7. I eat at fast food restaurants less than once per week.
8. I intentionally include foods 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 eat at least four servings (one serving equals 1/2 cup) of fruits and/or vegetables every day.

Medical Self-Care

11. I maintain an up-to-date immunization record.
12. I examine my breasts or testes on a monthly basis.
13. I take action to minimize my exposure to tobacco smoke.
14. I consider alternatives to taking medications when ill.
15. I drink enough water (6 - 8) glasses per day to keep my urine light yellow.
16. I floss my teeth once per day.
17. I engage in an adequate amount of physical activity to keep my resting heart rate at 60 beats or less per minute.
18. I protect my skin from sun damage by using sunscreen or by taking other precautions to prevent overexposure to the sun.
19. I maintain my blood pressure within the range recommended by my doctor. (If you do not have your blood pressure checked, answer "1.")
20. I maintain my blood cholesterol level within the range recommended by my doctor. (If you have never had your cholesterol checked, answer "1.")

Safety

21. I do not operate vehicles while I am under the influence of alcohol or other drugs.
22. I do not ride with vehicle operators who are under the influence of alcohol or other drugs.
23. I stay within five miles per hour of the speed limit.
24. I wear my seat belt and/or shoulder harness while traveling.
25. The vehicles I drive are maintained to assure safety.
26. I enjoy myself without the use of drugs or alcohol.
27. I use approved child restraints for all children riding in my vehicle. (If children do not ride in your vehicle, answer "5.")
28. I refrain from using drugs obtained from unlicensed sources.
29. I use the recommended safety equipment for any activity in which I participate.
30. When I travel on a motorcycle, bicycle, or all-terrain vehicle, I wear a helmet.

Environmental Wellness

31. To conserve energy, I turn off lights and electrical appliances when I am not using them.
32. I avoid purchasing food that is packaged in Styrofoam.
33. I operate fuel-efficient motor vehicles. (If you do not operate a motor vehicle, answer "5.")
34. I keep the thermostat in my home set at 68° F or lower in the winter.
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 use my creativity in constructive ways.
45. I exercise my right to vote.
46. I take time to play with and enjoy my family and friends.
47. I help others in need.
48. When I notice a safety hazard, I take action to correct the situation.
49. I contribute time and/or money to at least one organization that strives to better the community where I live.
50. I participate in community events.

Sexuality and Emotional Awareness

51. I am comfortable with my level of sexual involvement.
52. I feel positive about myself as a sexual person.
53. My sexual relationships and behaviors are maintained in a manner that is healthy for me and for others.
54. I am able to develop close, intimate, personal relationships.
55. My sexual needs are satisfied without conflicting with other needs in my life.
56. I am tolerant of others who have different sexual orientations.
57. I am able to love others without expecting them to "earn" my love.
58. I have positive relationships with men in my life.
59. I have positive relationships with women in my life.
60. When engaging in sexual behavior, I take steps to minimize the risk of spreading or contracting sexually transmitted diseases.

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 make decisions with a minimum of stress and worry.
64. I do not feel unreasonably hurried in my daily routine.
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.

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.
77. I maintain a continuing education program relative to my occupation or activities.
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.
80. I am interested in understanding the views of others.

Occupational Wellness

81. I enjoy my work.
82. I take advantage of opportunities to learn new skills in my work.
83. There is an acceptable amount of challenge in my work.
84. I perform my work in a satisfactory manner.
85. I look forward to doing my job.
86. I am satisfied with the balance between my work time and leisure time.
87. I am satisfied with my ability to manage and control my workload.
88. My work is consistent with my values.
89. The level of stress in my work environment is comfortable to me.
90. At work my level of authority is consistent with my level of responsibility.

Spirituality and Values

91. I feel that my life has a positive purpose.
92. I spend a portion of every day in prayer, meditation, and/or personal reflection.
93. My values guide my daily life.
94. I am mainly guided by my "inner self" rather than the expectations of others.
95. I am concerned about humanitarian issues.
96. My spiritual awareness occurs at times other than a crisis.
97. My leisure time activities are consistent with my values.
98. I am tolerant of the values and beliefs of others.
99. I am able to discuss my own death with family and friends.
100. I am satisfied with my spiritual life.