

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

## Instructions

On the answer sheet provided, **please circle the number** that 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** (95% or more of the time)

### Physical Fitness and Nutrition

1. I exercise aerobically (continuous, vigorous, sweat-producing exercise for 20-30 minutes) at least 3 times per week. (Examples: basketball, swimming, racquetball)
2. Stretching is a routine part of my exercise program.
3. I increase my physical activity by walking or biking for transportation.
4. My exercise program includes a balance of the three fitness components-cardiovascular (aerobic), strength (muscle tone and development), and flexibility (stretching).
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 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 limit my consumption of beverages containing caffeine (coffee, tea, colas) to two a day.
8. I eat or drink at least two servings of milk products every day. (One serving equals 1 cup of milk, ½ cup cottage cheese or yogurt or 1 ounce of cheese.)
9. I maintain my weight without the use of fad diets or yo-yo diets (alternating periods of eating very little with eating too much).
10. I eat at least five servings (one serving equals ½ cup) of fruits and/or vegetables every day.

### Self-Care

11. I receive immunizations and boosters at the recommended times.
12. I examine my breasts or testes on a monthly basis.
13. I avoid exposing myself to tobacco smoke.
14. I get 6 to 8 hours of sleep every night.
15. I drink eight glasses of water every day.
16. I floss my teeth once per day.
17. I am aware of community health resources where I can obtain information and services.
18. I use sunscreen and wear protective clothing to protect my skin from sun damage.
19. I maintain my blood pressure within the range recommended by my doctor. (If you have not had your blood pressure checked in the last year, 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 and Lifestyle

21. I know how to respond in the event of an emergency situation (such as fire, power outage, earthquake, volcano, hurricane, or tornado).
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. I avoid situations that would put myself or others in danger.
26. I enjoy myself without the use of drugs or alcohol.
27. I avoid the use of all tobacco products (including smokeless tobacco).
28. I avoid the use of street drugs or prescription drugs obtained from illegal or unlicensed sources.
29. I use the recommended safety equipment (mouthguard, pads, goggles, life jacket) for any activity in which I participate.
30. When I travel on a motorcycle, bicycle, or all-terrain vehicle, I wear a helmet. (If you do not travel on a motorcycle, bicycle or all-terrain vehicle, answer "5".)

### **Environmental Wellness**

31. To conserve energy, I turn off lights and electrical appliances such as stereos, televisions, or electric rollers, 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. I drive a fuel efficient vehicle. (If you do not drive, answer "5".)
34. I avoid eating at fast food restaurants that package their food in styrofoam.
35. To reduce the amount of pollution, I drive a well maintained vehicle. (If you do not drive, answer "5".)
36. I do not let the water faucet run while I am brushing my teeth, shaving, or washing the car.
37. I regularly recycle my paper, plastic, glass, and aluminum.
38. I am concerned about protecting the environment.
39. I encourage my friends and family to protect the environment.
40. I purchase products made with recycled materials whenever possible.

### **Social Awareness**

41. My behavior is fair and ethical.
42. I make an effort to understand my family and friends.
43. I resolve conflict in a positive and respectful manner.
44. I take time to enjoy my family as well as my friends.
45. I am a responsible citizen in my community.
46. I help others in need.
47. I maintain a current CPR (cardiopulmonary resuscitation) certification.
48. When I notice something that is dangerous to others, I take action to correct the situation.
49. I actively participate in at least one organization that strives to better the community where I live.
50. I participate in high school events that help my community. (Examples: food drives, fund raisers, planting trees, and car washes)

### **Emotional Awareness and Sexuality**

51. I am sensitive to other people's feelings.
52. I am able to love others without expecting them to "earn" my love.
53. I have positive interactions with men in my life.
54. I have positive interactions with women in my life.
55. I have satisfying relationships with other people that are not sexual in nature.
56. I accepting of others who have different sexual orientations.
57. I understand other people's decisions to engage or not engage, in sexual behavior.
58. I understand how the reproductive organs function in men and women.
59. I do not engage in sexual intercourse. (Answer "5", if true. Complete following if false.) If I choose to engage in sexual intercourse I take steps to prevent unwanted pregnancy.
60. I do not engage in sexual intercourse. (Answer "5", if true. Complete the following if false.) If I choose to engage in sexual intercourse, I use condoms to reduce the risk of disease.

## **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 feel positive about myself.
64. I enjoy my life.
65. I manage my time well.
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 the things I cannot change about myself.

## **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 attending plays, symphonies, and concerts or visiting museums, exhibits and zoos, at least three times a year.
76. I watch educational programs on television. (Examples: news, political discussions, documentaries, public TV, or the Discovery Channel)
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. Before making important decisions, I gather facts.
80. I am interested in understanding the views of others.

## **Occupational Wellness**

81. I am aware of my own strengths and skills.

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 in.
84. I am aware of the amount of time it will take to acquire the necessary training for the occupations I am interested in.
85. I take advantage of opportunities to gain work experience.
86. I strive to obtain good work habits. (Examples: punctuality, dependability, and initiative)
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. Enjoyment is a criterion that I use to determine possible occupational choices.

## **Spirituality and Values**

91. I feel that my life has a positive purpose.
92. I spend a portion of every day in personal reflection, prayer, and/or meditation.
93. It is important to me that I maintain the trust of my family and friends.
94. My actions are guided by my own beliefs, rather than the expectations of others.
95. I am concerned about social issues. (Examples: homelessness, starvation, disaster relief)
96. I know what my values are.
97. My faith and values are important to me.
98. I am tolerant of the values and beliefs of others.
99. I discuss the meaning of life with family and friends.
100. I am satisfied with my spiritual life.