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Individual Results - Detail

The overall composite is: 680.00

Group:	nwc2003	Favorite Exercise	Walking
ID:	6115064	Living Situation	I live alone
Email:	rrogg@hotmail.com	Housing	On campus
Age:	33	I am pursuing a degree in:	Education
Gender:	male		

Section: Physical

(1) I engage in sweat-producing physical activity for 20-30 minutes at least three times per week.	2
(2) I stretch for at least 5 minutes every day.	2
(3) I walk or bicycle as a means of transportation whenever possible.	2
(4) An integral part of my leisure time includes physical activity instead of TV viewing, surfing the net or playing video games.	2
(5) My friends and family encourage me to be physically active.	2

Section: 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)	4
(7) I avoid fad diets or yo-yo dieting. (Alternating very little with eating normally or eating too much)	4
(8) I limit the number of beverages containing caffeine (coffee, tea, sodas) to two a day..	4
(9) I eat or drink at least two servings of milk products every day.	4
(10) I avoid eating foods that are high in fat (whole milk dairy products, fried foods, hot dogs, deserts, gravies, and fatty meats)	4

Section: Self Care

(11) I avoid the use of tobacco products. (cigarettes, smokeless tobacco)	2
(12) I get 6 - 8 hours of sleep every night.	2
(13) I protect my skin from sun damage by using sunscreen, wearing hats, and/or avoiding tanning booths and sun lamps.	2
(14) I examine my breasts or testes on a monthly basis.	2
(15) I floss my teeth every day.	2

Section: Safety

(16) I wear a seat belt when traveling in a vehicle.	5
(17) I know how to respond in the event of an emergency situation.	5
(18) I avoid riding with drivers who are under the influence of alcohol or other drugs.	5
(19) I avoid the use of alcohol or other drugs.	5
(20) I use the recommended safety equipment (pads, mouthguards, goggles, life jacket, etc.) for any activity I participate in.	5

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Section: Environment

(21) I participate in campus events that help my community. (Food drives, fund raisers, planting trees, disaster relief, Habitat for Humanity)	3
(22) I regularly recycle my paper, plastic, glass or aluminum.	3
(23) I perform a random act of kindness at least once a month.	3
(24) When I notice something that is dangerous to others I take action to correct it.	3
(25) I resolve conflict with others in a positive and respectful manner.	3

Section: Sexuality

(26) I have satisfying relationships with others that are not sexual in nature.	5
(27) I respect the value of a long term monogamous relationship.	5
(28) I respect other people's decisions to engage or not engage in sexual behavior.	5
(29) I am tolerant of others who have different sexual orientations.	5
(30) If I engage in sexual behavior I use condoms to minimize the risk of spreading disease, contracting disease and preventing unwanted pregnancy.	5

Section: Emotional

(31) I feel positive about myself.	2
(32) I keep things in perspective.	2
(33) When I make mistakes, I learn from them.	2
(34) I set realistic goals for myself.	2
(35) I accept responsibility for my own actions.	2

Section: Intellectual

(36) I keep informed about social, political and/or current issues.	4
(37) I watch educational programs on television every week, (News, political discussions, documentaries, public TV, or the Discovery channel)	4
(38) I learn about different topics that interest me from books, magazines, newspapers, and the Internet)	4
(39) Before making decisions, I gather facts.	4
(40) I am interested in understanding the views of others.	4

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Section: Occupational

(41) I take advantage of opportunities to learn new skills which will enhance my future employment possibilities.	5
(42) I know what skills are necessary for the occupations I am interested in.	5
(43) I take advantage of opportunities to gain work experience.	5
(44) I strive to develop good work habits. (Examples: punctuality, dependability, and initiative)	5
(45) Enjoyment is a consideration I use when choosing a possible career.	5

Section: Spirituality

(46) I feel that my life has a positive purpose.	2
(47) My leisure time activities are consistent with my values.	2
(48) It is important to me that I maintain the trust of my family and friends.	2
(49) My actions are guided by my own beliefs, rather than the beliefs of others.	2
(50) I am tolerant of the values and beliefs of others.	2

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