Score-

Physical health: 19

Social health: 18

Emotional health: 18

Environmental health: 4

Spiritual health: 19

Personal health promotion: 20

I would like to try and improve on my environmental health

1. For this next month I will set alarms at 7:00 each morning when I go to take out the trash and check which stuff is recyclable and which ones are not, and put them in their respective containers
2. For this next month on every Monday when I go to the store I will check which Items are recyclable or which items are made from recycled products
3. I will wear my work clothes and pajamas for two days worth of time instead of one to ensure saving some water.

Honestly, I wasn’t surprised by a lot of it, I haven’t ever really thought about being environmentally healthy. I just avoid littering and doing things that actively cause harm to the environment and call it a day. I have always been rather health conscious so I am pretty happy where I stand.