

## LAB 1.1 • HOW WELL ARE YOU?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor: \_\_\_\_\_ Section: \_\_\_\_\_

**Purpose:** This lab will help you assess your current level of wellness in each of the six dimensions and identify which wellness areas to target for behavior change.

**Directions:** Complete sections I–VII. For each item, indicate how often you think the statements describe you by checking the box under the relevant score. After each section, total your scores for that section and write your score in the space provided. After completing all sections, you will summarize and analyze your results.

### SECTION I: PHYSICAL WELLNESS

	Never 1	Rarely 2	Sometimes 3	Often 4	Always 5
1. I listen to my body and make adjustments or seek professional help when something is wrong.					
2. I do moderate activity every day, such as taking the stairs instead of riding the elevator.					
3. I engage in vigorous exercise three to four times per week.					
4. I do exercise for muscular strength and endurance at least two times per week.					
5. I do stretching and limbering exercises at least five times per week.					
6. I do yoga, Pilates, tai chi, or other exercises for balance and core strength two or three times per week.					
7. I feel good about the condition of my body. I have lots of energy and can get through the day without being overly tired.					
8. I get adequate rest at night and wake on most mornings feeling ready for the day ahead.					
9. My immune system is strong, and my body heals quickly when I get sick or injured.					
10. I eat nutritious foods daily and avoid junk food.					

Total for Section I: Physical Wellness = \_\_\_\_\_

## SECTION II: SOCIAL WELLNESS

	Never 1	Rarely 2	Sometimes 3	Often 4	Always 5
1. I am open, honest, and get along well with others.					
2. I participate in a wide variety of social activities and enjoy all kinds of people.					
3. I try to be a "better person" and work on behaviors that have caused friction in the past.					
4. I am open and accessible to a loving and responsible relationship.					
5. I have someone I can talk to about private feelings.					
6. When I meet people, I feel good about the impression they have of me.					
7. I get along well with members of my family.					
8. I consider the feelings of others and do not act in hurtful or selfish ways.					
9. I try to see the good in my friends and help them feel good about themselves.					
10. I am good at listening to friends and family who need to talk.					
Total for Section II: Social Wellness = _____					

## SECTION III: INTELLECTUAL WELLNESS

	Never 1	Rarely 2	Sometimes 3	Often 4	Always 5
1. I carefully consider options and possible consequences as I make choices.					
2. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.					
3. I learn from my mistakes and try to act differently the next time.					
4. I actively learn all I can about products and services before buying them.					
5. I manage my time well rather than letting time manage me.					
6. I follow directions or recommended guidelines and act in ways likely to keep myself and others safe.					
7. I consider myself to be a wise health consumer and check for reliable sources of information before making decisions.					

8. I have at least one personal-growth hobby that I make time for every week.					
9. My credit card balances are low, and my finances are in good order.					
10. I examine my own perceptions and then check evidence to see whether I was correct.					
Total for Section III: Intellectual Wellness = _____					

## SECTION IV: EMOTIONAL WELLNESS

	Never 1	Rarely 2	Sometimes 3	Often 4	Always 5
1. I find it easy to laugh, cry, and show emotions such as love, fear, and anger and I try to express them in positive ways.					
2. I avoid using alcohol or drugs as a means to forget my problems or relieve stress.					
3. My friends regard me as a stable, well-adjusted person whom they trust and rely on for support.					
4. When I am angry, I try to resolve issues in nonhurtful ways rather than stewing about them.					
5. I try not to worry unnecessarily, and I try to talk about my feelings, fears, and concerns rather than letting them build up.					
6. I recognize when I'm stressed and take steps to relax through exercise, quiet time, or calming activities.					
7. I view challenging situations and problems as opportunities for growth.					
8. I feel good about myself and believe others like me for who I am.					
9. I try not to be too critical or judgmental of others.					
10. I am flexible and adapt to change in a positive way.					
Total for Section IV: Emotional Wellness = _____					

## SECTION V: SPIRITUAL WELLNESS

	Never 1	Rarely 2	Sometimes 3	Often 4	Always 5
1. I take time alone to think about life's meaning and where I fit in to the greater whole.					
2. I believe life is a gift we should cherish.					
3. I look forward to each day as an opportunity for further growth.					
4. I experience life to the fullest.					
5. I take time to enjoy nature and the beauty around me.					
6. I have faith in a greater power, nature, or the connectedness of all living things.					
7. I engage in acts of care and goodwill without expecting something in return.					
8. I look forward to each day as an opportunity to grow and be challenged in life.					
9. I work for peace in my interpersonal relationships, my community, and the world at large.					
10. I have a great love and respect for all living things and regard animals as important links in a vital living chain.					
Total for Section V: Spiritual Wellness = _____					

## SECTION VI: ENVIRONMENTAL WELLNESS

	Never 1	Rarely 2	Sometimes 3	Often 4	Always 5
1. I am concerned about environmental pollution and actively try to preserve and protect natural resources.					
2. I buy recycled paper and purchase biodegradable products whenever possible.					
3. I recycle my garbage, reuse containers, and try to minimize the amount of paper and plastics that I use.					
4. I try to wear my clothes for longer periods of time between washings to save on water and reduce detergent in our water sources.					
5. I try to reduce my use of gasoline and oil by limiting my driving.					
6. I write my elected leaders about environmental concerns.					

7. I turn down the heat and wear warmer clothes at home in the winter and use the air conditioner only when really necessary.					
8. I am aware of potential hazards in my area and try to reduce my exposure whenever possible.					
9. I use both sides of the paper when taking notes and doing assignments.					
10. I try not to leave the water running too long when I shower, shave, or brush my teeth.					
Total for Section VI: Environmental Wellness = _____					

## SECTION VII: REFLECTION—YOUR PERSONAL WELLNESS CONTINUUM

- 1.** Enter your totals for sections I–VI below:

**Physical Wellness** \_\_\_\_\_

**Social Wellness** \_\_\_\_\_

**Intellectual Wellness** \_\_\_\_\_

**Emotional Wellness** \_\_\_\_\_

**Spiritual Wellness** \_\_\_\_\_

**Environmental Wellness** \_\_\_\_\_

- 2.** Understanding your scores:

**Scores of 35–50:** Outstanding! Your answers show that you are aware of the importance of these behaviors in your overall wellness, and that you are putting your knowledge to work by practicing good habits that should reduce your overall risks.

**Scores of 30–34:** Your wellness practices in these areas are very good, but there is room for improvement. What changes could you make to improve your score?

**Scores of 20–29:** Your wellness risks are showing. Find information about the risks you face and why it is important to change these behaviors.

**Scores below 20:** You may be taking unnecessary risks. Identify each risk area and, whenever possible, seek additional resources, either on your campus or through your local community health resources.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.