









Your Personal Wellness Summary

We've totaled your score in each of the 8 Dimensions of Wellness. Learn more about what your score means below.

| Dimension of Wellness | Description | Score |
|---|---|-------|
|  | Recognizing the need for physical activity, healthy foods, and sleep. | 62.5% |
|  | Developing a sense of connection, belonging, and a well-developed support system. | 65% |
|  | Coping effectively with life and creating satisfying relationships. | 65% |
|  | Good health by occupying pleasant, stimulating environments that support well-being. | 60% |
|  | Expanding a sense of purpose and meaning in life. | 60% |
|  | Mindfulness, planning, and satisfaction with current and future financial situations and goals. | 65% |
|  | Maintaining an active mind by exploring interests, expanding knowledge, skills, and creativity. | 62.5% |
|  | Experiencing growth, personal satisfaction and enrichment from one's work. | 62.5% |