

Wellness Assessment



by Susan Tetford
Well Now Fitness

SCORING

- 4 always
- 3 often
- 2 sometimes
- 1 rarely
- 0 not applicable at this time

OVER THE PAST 30 DAYS, HOW OFTEN HAVE YOU ENGAGED IN THESE WELLNESS PRACTICES?

PHYSICAL WELLNESS	Score
Ate small balanced meals throughout the day (fruits, vegetables, low-moderate fat, whole)	
Exercised for at least 15-20 minutes each day	
Followed preventative care (doctor visits, annual exams, dental visits, immunizations, health screenings)	
Maintained hydration by drinking 8 glasses of water a day	
Balanced sleep - 6-8 hours each night	
Refrained from self-medicating with alcohol, drugs, or prescription medicine	
Treated illness promptly	
Total score for this section	

EMOTIONAL WELLNESS	Score
Attended all scheduled treatment and therapy appointments	
Made time for hobbies and enjoyable activities	
Politely said no to unwanted requests	
Let others know when I needed extra help	
Spent time with friends and loved ones	
Validated my own emotions, thoughts, and experiences	
Practiced self compassion	
Total score for this section	

SOCIAL WELLNESS	Score
Stayed connected to friends and family members	
Set aside time to spend with people I care about	
Told people close to me that they were important	
Apologized or made repairs when I was wrong	
Expressed appreciation and thankfulness to others	
Empathized with others or thought about problems from their perspective	
Established limits and boundaries when necessary	
Total score for this section	

ENVIRONMENTAL WELLNESS	Score
Recognized the impact of my action on the environment	
Recognized the impact of my environment on my health	
Was aware of and made use of health, wellness and safety resources	
Practiced environmentally conscious behaviour eg. recycling	
Contributed towards making my environment a safer, calmer, and healthier place	
Prepared and tested my home for toxicities eg. carbon monoxide and smoke detectors	
Used environmentally friendly products	
Total score for this section	

SPIRITUAL WELLNESS	Score
Attended religious or spiritual services	
Spent time with others who share similar beliefs	
Sought spiritual direction or guidance	
Prayed or asked someone to pray for me	
Practiced mindfulness or meditation	
Identified important values and sought meaning in my life	
Read, watched or listened to things that helped to inspire me	
Total score for this section	

INTELLECTUAL WELLNESS	Score
Had specific intellectual goals like learning a new skill	
Pursued mentally stimulating interests and hobbies	
Had positive thoughts with a low degree of negativity and cynicism	
Committed time and energy to professional and self-development	
Enjoyed brainstorming and sharing information with others	
Critically considered the opinions and information presented by others and provided constructive feedback	
Showed curiosity and interest in the communities as well as the world around me	
Total score for this section	

OCCUPATIONAL WELLNESS (professional, volunteer, home)	Score
Felt personal satisfaction and enrichment from my work	
Was able to contribute my knowledge and skills	
Sought out opportunities to contribute my knowledge, skills and talents at work	
Balanced my social life and work responsibilities well	
Effectively managed my level of stress related to work tasks	
Had a manageable workload	
Explored paid and volunteer opportunities that interested me	
Total score for this section	

FINANCIAL WELLNESS	Score
Contributed to a savings account	
Had money left over at the end of the month	
Spent money on things that reflected my personal values	
Shared my resources to provide for another's need	
Did not feel stressed by financial debt	
Refrained from over spending	
Had enough money to do the things I enjoy in life	
Total score for this section	

Total Score Per Section

20 -28	Excellent!	You're doing well
11-19	Very Good.	Identify and address any gaps in your wellness
Below 10	No one is perfect.	This area may need extra attention

Sources Cited for this Wellness Assessment

1. The Dialectical Behaviour Therapy Wellness Planner by Amanda L. Smith, LCSW
2. Find out your financial well-being | Consumer Financial Protection Bureau (consumerfinance.gov)
3. princeton-umatter-wellness-self-assessment.pdf
4. BalancingYourWellness.pdf by Jennifer Kennymore, MPH, CHES