

What's Your Personal Wellness Score?

Read each statement below and check the box that most accurately describes you *at this point in your life*.

PHYSICAL	Seldom or Never	Sometimes	Usually	Always
	0	1	2	3
I engage in regular physical activity, at least three times per week				
I eat a healthy, well-balanced diet				
I avoid tobacco, drugs and excessive alcohol consumption				
I seek appropriate medical care when necessary				
SOCIAL	Seldom or Never	Sometimes	Usually	Always
	0	1	2	3
I have healthy, supportive friendships and family relationships				
I communicate effectively with friends, family and co-workers				
When I have a conflict with another person, I try to resolve it in an honest, assertive manner				
I respect lifestyles and cultures different than my own				
It is important to me to contribute to the well-being of others in my family and social network				
EMOTIONAL	Seldom or Never	Sometimes	Usually	Always
	0	1	2	3
I am aware of a wide range of feelings in myself				
I recognize my personal limitations and accept help when necessary				
I have the skills to cope with daily challenges and stressors				
I feel positive about myself and my life				
I am autonomous but able to create meaningful and satisfying relationships with others				
INTELLECTUAL	Seldom or Never	Sometimes	Usually	Always
	0	1	2	3
I challenge myself mentally with stimulating ideas and activities on a regular basis				
I am able solve problems and think independently				
I have the opportunity to learn new concepts in my personal or professional life				
I pursue interests that are important to me				

SPIRITUAL	Seldom or Never	Sometimes	Usually	Always
	0	1	2	3
My actions align with my personal values and beliefs				
I feel a sense of inner peace and strength				
I feel my life has purpose and meaning				
I have faith in something greater than myself				
OCCUPATIONAL	Seldom or Never	Sometimes	Usually	Always
	0	1	2	3
I am satisfied with my work life (paid, volunteer or in-home)				
My work aligns with my needs and strengths				
I am able to contribute unique talents and skills to my work				

Total your values for each column. Using the values at the top of the columns, tally your columns. Each check in the “always” column is worth 3 points; each “usually” is worth 2 points, and so on.

Add all values together. Your wellness score is the total of all column values combined. The information below will help you make sense of your score.

My Total Wellness Score Is _____

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What does your wellness score mean?

61 to 75 points

Excellent. Wow! Not too many people score this high, so you deserve a pat on the back. Your score indicates that you take care of yourself physically, mentally, spiritually and emotionally. You have a supportive social network and your job suits you. You’re probably a positive role model and inspiration for others around you. Keep up the great work!

46 to 60 points

Good. Okay, so you wouldn’t call yourself a wellness *guru*, but you’re still doing as well or better than most today. Perhaps there are one or two components of wellness that really need your attention, or maybe you could stand to be just a bit more consistent with your choices all around. With a little conscious effort, you can easily reach your full potential.

31 to 45 points

Average. Like many people today, some parts of your health and wellness are up to par, and others are not. The good news is that you *are* taking care of your self and your life in some ways, and you can improve the other components if you really want to. Start by reviewing the statements for which you checked “always” or “usually” and ask yourself what it is that enables you to care for yourself in those areas. What personal strengths or outside support do you rely on to excel with those components of wellness? Can you use similar strengths or support to improve the others?

16 to 30 points

Below Average. Many of the important components of your self and your life are suffering. If you’d like to improve your score, it’s important to remember to take things slowly, one step at a time. Review the statements for which you checked “sometimes” or “never” and decide which

one or two you would like to focus on first. Often times, making changes in one area of your life leads to change in others!

15 or less points

Poor. If you scored in this range, there's a good possibility you are actually *feeling* unhealthy, inside and out, as many or all components of your wellness are suffering. Often times, people who score in this range would like to improve their lives, but they feel overwhelmed and unsure where to start. If this sounds like you, consider choosing *one or two statements* from the quiz that you would like to improve first, and put your energy there. Remember that *any improvement is better than no improvement*. Once you get started, you will likely find that improving one small area of your self or your life inspires you to continue changing.