

Physical Wellness Assessment

The physical dimension of wellness involves encouraging regular activities that produce endurance, flexibility and strength. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

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- _____ 1. I exercise aerobically (vigorous, continuous) for 20 to 30 minutes at least three times per week.
- _____ 2. I eat fruits, vegetables, and whole grains every day.
- _____ 3. I avoid tobacco products.
- _____ 4. I wear a seat belt while riding in and driving a car.
- _____ 5. I deliberately minimize my intake of cholesterol, dietary fats, and oils.
- _____ 6. I avoid drinking alcoholic beverages or I consume no more than one drink per day.
- _____ 7. I get an adequate amount of sleep.
- _____ 8. I have adequate coping mechanisms for dealing with stress.
- _____ 9. I maintain a regular schedule of immunizations, physicals, dental checkups and self-exams.
- _____ 10. I maintain a reasonable weight, avoiding extremes of overweight and underweight.

_____ **Total** for Physical Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.