

Summer Wellness Series

Select the response from the drop down that best applies to you for each statement.

| Environmental   | Select Response |
|---|-----------------|
| I spend time outdoors enjoying nature.  |                 |
| I reuse, reduce, and recycle products.  |                 |
| I try to lessen my environmental impact.                                      |                 |
| I walk, bike, use public transportation or carpool when possible              |                 |
| I am concerned about my impacts on my local, national, and world climate.     |                 |
| I have a space to call my own.  |                 |
| I feel comfortable in the space I occupy.                                     |                 |
| I feel content in my environments ( work, home, etc).                         |                 |
| I shop locally.   |                 |
| I participate in events that benefit the community (food drives, fundraisers) |                 |
| Points Possible:  | Total:          |

Your Percentage:

Your total is your score out of a possible of 40 points. Your percentage is calculated for you. The closer you are to 100% indicates the strength of your wellness in this domain. Lower percentages suggest you may wish to put some extra attention on this domain.