

Summer Wellness Series

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

Physical	Select Response
I manage my weight in healthy ways.	
I exercise regularly.	
I get 7-9 hours of sleep each night and feel rested in the morning.	
I seek advice from health care professionals if I have a health concern I can't solve on my own.	
I do not use or avoid harmful use of drugs (over the counter, prescription or illicit).	
I drink alcohol responsibly (designated sober driver, avoid binge drinking).	
I protect my skin from sun damage by using sunscreen with SPF of 30plus, wear a hat and avoid tanning beds/booths.	
I maintain healthy eating patterns that include fruits and vegetables.	
I stay hydrated and drink water throughout the day.	
I protect myself from STIs and unwanted pregnancy by either abstaining or using proper protection, such as condoms.	
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.