

# TestWell<sup>®</sup>: Wellness Inventory for Adolescents

## Instructions

On the answer sheet provided, please write the number best identifies your response to each corresponding statement.

1. Never or Almost Never
2. Occasionally
3. Often
4. Very Often
5. Always or Almost Always

### Physical Activity

1. I engage in sweat-producing physical activity for 20-30 minutes at least three times per week.
2. I stretch for at least 5 minutes every day.
3. I walk or bicycle as a means of transportation whenever possible.
4. An integral part of my leisure time includes physical activity instead of TV viewing, surfing the net or playing video games.
5. My friends and family encourage me to be physically active.

### Nutrition

6. I eat at least five servings of fruits and vegetables every day. (one serving equals one piece of fruit or 1/2 cup).
7. I avoid fad diets or yo-yo dieting. (Alternating very little with eating normally or eating too much).
8. I limit the number of beverages containing caffeine (coffee, tea, sodas) to two a day.
9. I eat or drink at least two servings of milk products every day.

10. I avoid eating foods that are high in fat (whole milk dairy products, fried foods, hot dogs, deserts, gravies, and fatty meats).

### Self Care

11. I avoid the use of tobacco products. (cigarettes, smokeless tobacco).
12. I get 6 - 8 hours of sleep every night.
13. I protect my skin from sun damage by using sunscreen, wearing hats, and/or avoiding tanning booths and sun lamps.
14. I floss my teeth every day.
15. I avoid using alcohol or other drugs.

### Safety

16. I wear a seat belt when traveling in a vehicle.
17. I know how to respond in the event of an emergency situation.
18. I avoid riding with drivers who are under the influence of alcohol or other drugs.
19. I avoid situations that would put myself or others in danger.
20. I use the recommended safety equipment ( pads, mouthguards, goggles, life jacket, etc.) for any activity I participate in.



### **Social & Environmental Wellness**

21. I regularly recycle my paper, plastic, glass or aluminum.
22. I participate in school events that help my community. (Food drives, fund raisers, planting trees, picking up litter).
23. I perform a random act of kindness at least once a month.
24. When I notice something that is dangerous to others I take action to correct it.
25. I resolve conflict with others in a positive and respectful manner.

### **Emotional Awareness and Sexuality**

26. I have positive interactions with men in my life.
27. I have positive interactions with women in my life.
28. I respect other people's decisions to engage or not engage in sexual behavior.
29. I am tolerant of others who have different sexual orientations.
30. I do not engage in sexual intercourse. (Answer "Almost Always" if true. Answer the following if false) If I choose to engage in sexual intercourse I use condoms to reduce the risk of disease and prevent unwanted pregnancy.

### **Emotional Management**

31. I feel positive about myself.
32. I enjoy my life.
33. When I make mistakes, I learn from them.
34. I set realistic goals for myself.
35. I accept responsibility for my own actions.

### **Intellectual Wellness**

36. I keep informed about social, political and/or current issues.
37. I watch educational programs on television every week, (News, political discussions, documentaries, public TV, or the Discovery channel)
38. I read about different topics from a variety of sources. (books, magazines, newspapers, the Internet)
39. Before making decisions, I gather facts.
40. I am interested in understanding the views of others.

### **Occupational Wellness**

41. I am aware of my own strengths and skills.
42. I know what skills are necessary for the occupations I am interested in.
43. I take advantage of opportunities to gain work experience.
44. I strive to develop good work habits. (Examples: punctuality, dependability, and initiative)
45. Enjoyment is a criterion that I consider when choosing a possible career.

### **Spirituality and Values**

46. I feel that my life has a positive purpose.
47. I know what my values are.
48. It is important to me that I maintain the trust of my family and friends..
49. My actions are guided by my own beliefs, rather than the beliefs of others. I am tolerant of the values and beliefs of others
50. I am tolerant of the values and beliefs of others..



## TestWell Answer Sheet

### Physical Activity

|       |  |
|-------|--|
| 1     |  |
| 2     |  |
| 3     |  |
| 4     |  |
| 5     |  |
| Total |  |

### Nutrition

|       |  |
|-------|--|
| 6     |  |
| 7     |  |
| 8     |  |
| 9     |  |
| 10    |  |
| Total |  |

### Self Care

|       |  |
|-------|--|
| 11    |  |
| 12    |  |
| 13    |  |
| 14    |  |
| 15    |  |
| Total |  |

### Safety

|       |  |
|-------|--|
| 16    |  |
| 17    |  |
| 18    |  |
| 19    |  |
| 20    |  |
| Total |  |

### Social & Environmental Wellness

|       |  |
|-------|--|
| 21    |  |
| 22    |  |
| 23    |  |
| 24    |  |
| 25    |  |
| Total |  |

### Emotional Awareness and Sexuality

|       |  |
|-------|--|
| 26    |  |
| 27    |  |
| 28    |  |
| 29    |  |
| 30    |  |
| Total |  |

### Emotional Management

|       |  |
|-------|--|
| 31    |  |
| 32    |  |
| 33    |  |
| 34    |  |
| 35    |  |
| Total |  |

### Intellectual Wellness

|       |  |
|-------|--|
| 36    |  |
| 37    |  |
| 38    |  |
| 39    |  |
| 40    |  |
| Total |  |

### Occupational Wellness

|       |  |
|-------|--|
| 41    |  |
| 42    |  |
| 43    |  |
| 44    |  |
| 45    |  |
| Total |  |

### Spirituality and Values

|       |  |
|-------|--|
| 46    |  |
| 47    |  |
| 48    |  |
| 49    |  |
| 50    |  |
| Total |  |