



WELLNESS SURVEY: Children 5 – 12 years

On the lines below, make a straight vertical (up & down) mark to show how you would rate these questions

Please think about how your child's general health and wellbeing has been over the last week.

Worst Possible Health

Best Possible Health

Please think about how energetic or vital your child has been over the last week.

No Energy at all

Most Possible Energy

Please think about how your child's ability to concentrate over the last week.

No Ability to concentrate

Best Possible ability to concentrate

Please think about how well you child has slept over the last week.

Worst Sleep Possible

Best Sleep Possible

Please think about how strong your child's resistance to coughs, colds & other infections has been over the last 3 months.

Worst Resistance Possible

Best Resistance Possible
