



WELLNESS SURVEY

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

Please think about how you are feeling right now, your general sense of health & wellbeing.

Worst you could possibly feel

Best you could possibly feel

Please think about how energetic or vital you have felt over the last week.

No Energy at all

Most energetic you could possibly feel

Please think about how your ability to concentrate has been over the last week.

No Ability to concentrate

Best Possible ability to concentrate

Please think about how your mood has been over the last week

Worst mood possible

Best mood possible

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

Worst Sleep Possible

Best Sleep Possible

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

Worst Resistance Possible

Best Resistance Possible

If you didn't know how old you are, how old do you feel?
