



# Total Well-Being: Introduction

Hi everyone! Welcome to the Total Well-Being introduction survey. This survey is designed to help you see where you are at the beginning of the challenge. At the end of the challenge you will retake the same survey to see your overall improvement.

**Assess** - Evaluate your current health habits and think about how you would like things to be different.

*My assessment:*

**Purpose** - Find your why and your reasons for wanting to make a healthy change.

*My purpose:*

**Prioritize** - Narrow it down to one or two main health behaviors that you want to focus on changing.

*My priority:*

**Mindset** - Determine how you will choose to think about your change efforts.

*My mindset:*

**Game Plan** - Determine what is required and what strategies would yield the greatest return/reward.

\*Set a specific, measurable, attainable, realistic, and time-oriented goal.

*My game plan:*

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

*My action steps:*

**Reflect** - Think back on what you accomplished and what you learned from the experience.

*My reflection:*

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

*Other improvement opportunities:*

**Lead** - Lead by example and serve others. You can demonstrate to others what is possible and have a positive influence on them. *I will lead:*



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## OVERALL HEALTH

- How would you rank your current overall health status? 1 being extremely poor and 10 being extremely good.  
1      2      3      4      5      6      7      8      9      10
- How confident are you in reaching your overall health goal? 1 being not confident and 10 being extremely confident.  
1      2      3      4      5      6      7      8      9      10
- On a scale from 1 to 10 how confident are you in completing this challenge. 1 being not confident at all 10 being extremely confident.  
1      2      3      4      5      6      7      8      9      10

## MOVE MORE

- I currently meet the recommendation of 150 minutes of moderate-intensity aerobic activity.  
Yes \_\_\_\_\_  
No \_\_\_\_\_  
If you answered no, how many minutes of moderate-intensity aerobic activity do you get a week? \_\_\_\_\_
- On a scale from 1 to 10 how confident are you in meeting the recommendation of moderate-intensity aerobic activity? 1 being not confident at all and 10 being extremely confident.  
1      2      3      4      5      6      7      8      9      10

- What is one SMART goal you have for this module?
- Wef

## SLEEP MORE SOUNDLY

- On average how many hours of sleep do you get?
- Do you wake up in the middle of the night? If yes, how long does it take you to fall back asleep?



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## MANAGE STRESS

- What are some ways you cope with stress?
- How often do you feel stressed
  - ( ) Always
  - ( ) Sometimes
  - ( ) Neutral
  - ( ) Almost never
  - ( ) Never
- What is the most stressful aspect of your life? How do you usually deal with it?

## CULTIVATE RELATIONSHIPS

- What does a healthy relationship look like to you?

## EAT SMARTER

- What do your typical meals look like?
- What does a health plate look like to you?
- “I have a good relationship with food.”. On a scale from 1 to 10 how accurate is this statement for you. 1 being not accurate at all and 10 being extremely accurate  
**1      2      3      4      5      6      7      8      9      10**
- Provide one long term SMART goal for this module