

**III. PHYSICAL Wellness:** the process of making choices to create flexible, cardio-vascular fitness, energetic and strong bodies. The choices we make are related to exercise, nutrition, rest and sleep, stress management, management of injury and illness, and the uses of drugs.

	ALWAYS					NEVER
1. I exercise aerobically at least three times a week.	5	4	3	2	1	
2. I eat a nutritious breakfast every morning.	5	4	3	2	1	
3. I eat foods high in nutrition and low in fat and calories.	5	4	3	2	1	
4. I choose to be tobacco free.	5	4	3	2	1	
5. I choose to be alcohol free.	5	4	3	2	1	
6. I get 7-8 hours of sleep per night.	5	4	3	2	1	
7. I avoid injury and accidents.	5	4	3	2	1	
8. I choose to ride with sober drivers.	5	4	3	2	1	
9. I avoid riding when I can walk.	5	4	3	2	1	
10. I protect myself from sexually transmitted diseases (STDs)	5	4	3	2	1	
11. I wear my seat belt in a car.	5	4	3	2	1	

YOUR SCORE: \_\_\_\_\_  
(55 possible)

**IV. CAREER Wellness:** the process of making and maintaining choices related to work include working in a job for which we are well suited and from which we gain satisfaction. If you are a student attending school, you may consider this your career.

	ALWAYS					NEVER
1. I learn/work in a school/career I enjoy.	5	4	3	2	1	
2. My school/work is meaningful.	5	4	3	2	1	
3. I work in a healthy and safe environment.	5	4	3	2	1	
4. I receive personal growth with my work.	5	4	3	2	1	
5. I balance work with rest and play in my life.	5	4	3	2	1	
6. My work contributes to the well-being of others.	5	4	3	2	1	
7. I stay current in local and world issues.	5	4	3	2	1	
8. I read often and enjoy it.	5	4	3	2	1	
9. I continue to do the best I can when I work.	5	4	3	2	1	
10. I have a good mental attitude.	5	4	3	2	1	

YOUR SCORE: \_\_\_\_\_  
(50 possible)