

**Personal Wellness Assessment:**

**What have you done for your own wellness in the last 6 months? Comment on the status of any goals you had set for your wellness and specific barriers noted in achieving these goals.**

1)

2)

**Checking in on some measureable health and wellness indicators:**

Average servings of fruits and veggies per day?

Number of times per week you eat fast food?

Recent changes in weight?

Average hours of restful sleep per night?

Amount of EtOH consumed per week?

Tobacco/other drug use?

Hours of physical activity not related to work per week?

Have you seen your PCP, dentist, eye doctor in the last year? (circle all that apply)

Have you booked/used your allotted vacation time?

**Name 2 stress relief measures you regularly employ:**

1)

2)

**Name 2 groups of people with whom you regularly interact, outside of work:**

1)

2)

**Any additional wellness concerns?**

**What are your goals for the next 6 months for your own wellness (remember to make them S.M.A.R.T.- specific, measurable, attainable, reasonable, timely)?**

1)

2)