

### Sample: Your Wellness Intelligence

Do you:	Rarely	Sometimes	Often	
Participate in regular physical activity?	1	2	3	
Participate in everyday leisure activities?	1	2	3	
Participate in sports/activities 3-5 days/week?	1	2	3	
Participate in aerobic activities 3-5 days/week?	1	2	3	
Participate in muscle strength and endurance 2-4 days/week?	1	2	3	
Participate in flexibility exercises 4-5 days/week?	1	2	3	
Limit computer time daily	1	2	3	
Choose foods from the milk group?	1	2	3	
Drink more than 2 glasses/day of milk/juice?	1	2	3	
Eat breakfast?	1	2	3	
Limit drinking of soft drinks?	1	2	3	
Eat raw vegetables?	1	2	3	
Eat fruit?	1	2	3	
Walks instead of drive?	1	2	3	
Limit eating candy?	1	2	3	
Limit use of salt in food?	1	2	3	
Choose whole grain cereal or bread?	1	2	3	
Maintain ideal weight?	1	2	3	
Limit fried foods?	1	2	3	
Limit the skipping of meals?	1	2	3	
Try new sports?	1	2	3	
Try new foods?	1	2	3	
Drink water?	1	2	3	
Eat healthy snack foods?	1	2	3	
Eat a variety of protein foods?	1	2	3	
Get adequate sleep?	1	2	3	
Limit TV viewing each day	1	2	3	
Read food labels for nutrition content?	1	2	3	
<b>Total</b>	_____	_____	_____	<b>Total Score:</b> _____

**Scoring:**                    70 or above .....you're a winner  
                                      50-69.....doing great  
                                      35-49.....you're in the running  
                                      below 35.....try harder