

UBwell



Personal Environmental Wellness Assessment

| | Rarely, if ever | Sometimes | Most of the time | Always | |
|--|-----------------|-----------|------------------|--------|--|
| 1 I am concerned about environmental pollution and actively try to preserve and protect natural resources. | 1 | 2 | 3 | 4 | |
| 2 If I see a safety hazard, I take the steps to fix the problem. | 1 | 2 | 3 | 4 | |
| 3 I reduce, reuse, and recycle products. | 1 | 2 | 3 | 4 | |
| 4 I live with the awareness of wholeness and the interconnectedness of all living systems. | 1 | 2 | 3 | 4 | |
| 5 I use both sides of the paper when taking class notes or doing assignments. | 1 | 2 | 3 | 4 | |
| 6 I have adopted water saving habits. | 1 | 2 | 3 | 4 | |
| 7 I participate in campus events that help my community. | 1 | 2 | 3 | 4 | |
| 8 I spend time outdoors enjoying nature. | 1 | 2 | 3 | 4 | |
| 9 I use ecologically friendly products whenever possible. | 1 | 2 | 3 | 4 | |
| 10 I walk, bike, use public transportation or carpool. | 1 | 2 | 3 | 4 | |
| Total | | | | | |
| Maximum Score: 40 | | | | | |

After completing this assessment I was surprised to learn:

I was disappointed that:

Things I am currently doing to help improve my physical wellness are:

Things that I will do differently or change to make my physical wellness a priority are:
