

## Wellness Questionnaire

1. How many servings of fruits and vegetables do you eat each day?
  - 10+
  - 6-9
  - 3-5
  - 2 or less
  
2. How often do you eat foods that are processed, prepared, packaged, or starchy/sugary?
  - Rarely or never
  - Once daily
  - 2-4x daily
  - >4x daily
  
3. How often do you drink fluids that contain sugar (including alcohol) or artificial ingredients?
  - Rarely or never
  - Once daily
  - 2-4x daily
  - >4x daily
  
4. How many minutes per week do you spend doing moderate physical activity (e.g. yard work, brisk walk, exercise class, sports)?
  - >2 hours
  - 2 hours
  - 1 hour
  - Less than 30 min
  
5. How many times a week do you do some sort of resistance/weight training?
  - 2-3x per week
  - 1x per week
  - None
  
6. How many hours a day do you spend sitting? (e.g. watching TV, working)?
  - Less than 1 hour
  - 1-2 hours
  - 2-4 hours
  - More than 4 hours a day
  
7. Approximately how many hours of quality sleep do you get each night?
  - 8+
  - 7
  - 6
  - Less than or equal to 5
  
8. In the past month, how often have you felt “stressed” and/or nervous?
  - Never
  - Sometimes
  - Fairly often
  - Often

9. How often do you practice relaxation/mindfulness (e.g. meditation, mindful breathing, yoga)?

- Every day
- Often
- Sometimes
- Never

10. How often do you spend time doing something you enjoy?

- Every day
- Often
- Sometimes
- Never

If you checked the 3rd or 4th box on any question, consider health coaching to help get you on track for a healthier you!