

Employee Wellness Survey

1. Which of the following best describes your interest in health promotion/wellness activities:

- I do not feel the need for help with my lifestyle or health.
- I have been thinking about changing some of my health behaviors.
- I am planning on making a behavior change in the next 30 days.
- I have made some behavior changes but still have trouble following through.
- I have had a healthy lifestyle for years.

2. I would rank my personal health/wellness concerns, in order of priority, as:

1. _____
2. _____
3. _____

3. If wellness activities were offered at school, I would be likely to participate:

- before school
- after school
- during the lunch hour

4. I would be likely to participate in the following activities:

- a walking program
- a physical activity program such as _____
- healthy nutrition programs
- other _____

5. I am willing to contribute:

- up to \$5 per wellness activity
- a higher amount for health screenings, such as up to \$_____
- I am not willing to contribute for any wellness activities.

6. I am interested in serving on the wellness committee. Please contact me:

Name: _____ phone or email: _____

Other information: _____

