

YOUTH NAME:

DATE:

## Wellness Quiz

Week 1

- 1- Strongly Agree
- 2- Agree
- 3- Neither agree nor disagree
- 4- Disagree
- 5- Strongly Disagree

1. I know what wellness means.

1      2      3      4      5

2. I can name some of the different dimensions of wellness.

1      2      3      4      5

3. As far as my personal wellness, I know where my strengths and needs are.

1      2      3      4      5

4. I have a specific plan that I am working on when it comes to my wellness.

1      2      3      4      5

5. I'm actively working on my plan each week.

1      2      3      4      5