

Wellness SAFE Screen

Based off your current behaviors, where would you rank yourself for each pillar of wellness?

S



Sleep

NEEDS IMPROVEMENT

- <5 hours of sleep per night
- Wake up feeling exhausted
- Sleep schedule changes constantly

COULD BE BETTER**GOOD**

- 7 hours of sleep per night
- Wake up feeling well-rested
- Stick to a nightly routine
- Avoid screen time before bed

A

Active
body**NEEDS IMPROVEMENT**

- Exercise <90 min/week
- Physical activity <3 days each week
- More time spent sitting than moving every day

COULD BE BETTER**GOOD**

- Exercise at least 150 min/week
- Incorporate multiple types of exercise into routine
- Moving around > sitting still

F

Fit
soul**NEEDS IMPROVEMENT**

- I cope with stress in unhealthy ways
- Not involved or connected with a community of people

COULD BE BETTER**GOOD**

- Implement positive ways to cope with challenging situations
- I have people I can depend on
- I seek opportunities to inspire others

E

Eat
well**NEEDS IMPROVEMENT**

- Eat <5 portions of fruit and vegetables per day
- Regularly consume processed foods with high fat and added sugars
- Eat when bored

COULD BE BETTER**GOOD**

- Eat >5 portions of fruit and vegetables everyday
- Avoid processed foods and those high in fat and sugar
- Eat only when I am hungry

Action Plan: What pillars of wellness have you identified need improvement?
Come up with attainable goals to focus on to improve your overall well-being.

- 1.
- 2.