

# Wellness Audit

Sleep	
I frequently use electronics an hour before I go to bed	yes/no
I have difficulty falling asleep	yes/no
I have difficulty staying asleep	yes/no
I have trouble falling asleep and wake up frequently throughout the night	yes/no
I can get to sleep but I don't feel refreshed when waking up	yes/no
I don't remember having dreams or dreaming	yes/no
I use caffeine or sugar to give me an afternoon "boost of energy"	yes/no
I have had problems with sleep for more than 6 months	yes/no

Food	
I eat fast food more than three times a week.	yes/no
I crave sugar and salt on a daily basis or when stressed out	yes/no
I drink less than 80 ounces of water daily	yes/no
I have diarrhea more than three times a week	yes/no
I eat larger portions than I think I should	yes/no
I have struggled with an eating disorder in the past	yes/no
I drink sweet drinks like soda, tea or Kool-Aid on a daily basis	yes/no
I drink coffee/energy drinks more than 2 times weekly to stay awake	yes/no

Stress	
I have cycling thoughts I can't get stop or get rid of	yes/no
I frequently feel emotional and cry for "no reason"	yes/no
I feel nervous or stressed more than three days a week	yes/no
I am irritable or irritated more than three days a week	yes/no
I frequently think about or make "I should have" or "what if" statements	yes/no
I frequently feel I am unable to manage all the things I need to do in my life	yes/no
I frequently feel I am surviving instead of thriving	yes/no
I frequently feel I have no control in my life	yes/no
I frequently feel my work-life balance is out of my control	yes/no
I have daily or frequent headaches	yes/no

Movement	
My job requires me to sit most of the day	yes/no
I frequently feel achy and sore for no reason	yes/no
I feel achy and sore when the weather changes or it's cold outside	yes/no
I want/need to lose 20 or more pounds	yes/no
I am easily winded or tired when walking or going up a flight of stairs	yes/no
I do less than 30 minutes of intentional vigorous physical activity per day	yes/no
I frequently prefer to do indoor and sedentary activities	yes/no
I frequently use the elevator instead of taking the stairs	yes/no