

Kaneka Ubiquinol Personal Wellness Assessment

Circle the number that applies to you for each statement. Then, total up the numbers for each of the 4 columns. Write the sum of all your totals in the gray box to the right of the chart. This number represents your overall score for each health area.

Physical	Rarely, if ever	Sometimes	Most of the time	Always
I maintain a desirable weight	1	2	3	4
I get 7-8 hours of sleep each night	1	2	3	4
I regularly stretch	1	2	3	4
I use alcohol responsibly	1	2	3	4
I keep track of important health numbers, like cholesterol, blood pressure, blood glucose, etc.	1	2	3	4
I protect my skin from harmful UV rays by wearing sunscreen, hats, and avoiding unprotected exposure	1	2	3	4
I eat at least 5 servings of fruits and vegetables every day	1	2	3	4
I drink penalty of water daily	1	2	3	4

I engage in vigorous exercise for over 30 minutes a day	1	2	3	4
I take heart-healthy supplements, like Ubiquinol, daily	1	2	3	4
Total:				

Emotional

1. I feel comfortable asking for assistance when I need it (either from friends or family or from a professional)
2. When I feel stressed, I engage in relaxation and stress management techniques.
3. I am able to recognize stressors in my life
4. When I'm upset, I think before I act
5. I feel good about myself and like who I am
6. I adjust to life changes in a positive way
7. I say "no" to requests I don't want to do or don't have time for
8. I make time to do something I love every day
9. Instead of fighting my emotions, I take time to understand why and what I'm feeling
10. I practice self-compassion and treat myself as I would my friend

Social

1. I attend social gatherings often
2. I plan time with my friends and family
3. I enjoy being with people who are different than me
4. I have someone I can talk to about my feelings
5. I feel comfortable respectfully voicing my opinion, even if it's different from my friends' views
6. I go out of my way to speak with someone every day, whether it's in person, over the phone, or through emails/texts
7. I limit the time I spend on social media platforms
8. I'm involved in a local club, sport, or organization
9. I'm supportive when my friends need it
10. I proactively reach out to family and friends

Personal Development & Career

1. I balance work and other parts of my life
2. I take advantage of opportunities to learn new things
3. I look for new ways to use my creativity and critical thinking skills
4. I'm open to new ideas
5. I often do things to push myself out of my comfort zone
6. I set goals for myself, either at work or in my personal development
7. I learn about topics that interest me
8. I create plans to achieve my personal goals
9. You know what inspires you and you orient your life around those activities
10. You surround yourself with people that support your goals

Physical Environment

1. I regularly clean the spaces I spend time in
2. My organization system makes it easy for me to find things when I need them
3. My physical space makes me feel comfortable
4. I feel comfortable inviting friends into my space
5. I avoid clutter
6. I have plants or natural elements in my space
7. My space has photos, art, and objects that make me happy
8. I use designated areas for work, play, and sleep
9. My space provides ample natural light
10. Decluttering and cleaning is part of my everyday routine

Personal Wellness Checklist

Write your scores from each area in the table below to assess where you'd like to improve.

Area	Maximum Score	My Score
Physical	40	
Emotional	40	
Social	40	
Professional Development/Career	40	
Physical Environment	40	

Which areas are you doing well in? _____

Which areas are "going okay?" _____

Which areas need the most focus right now? _____