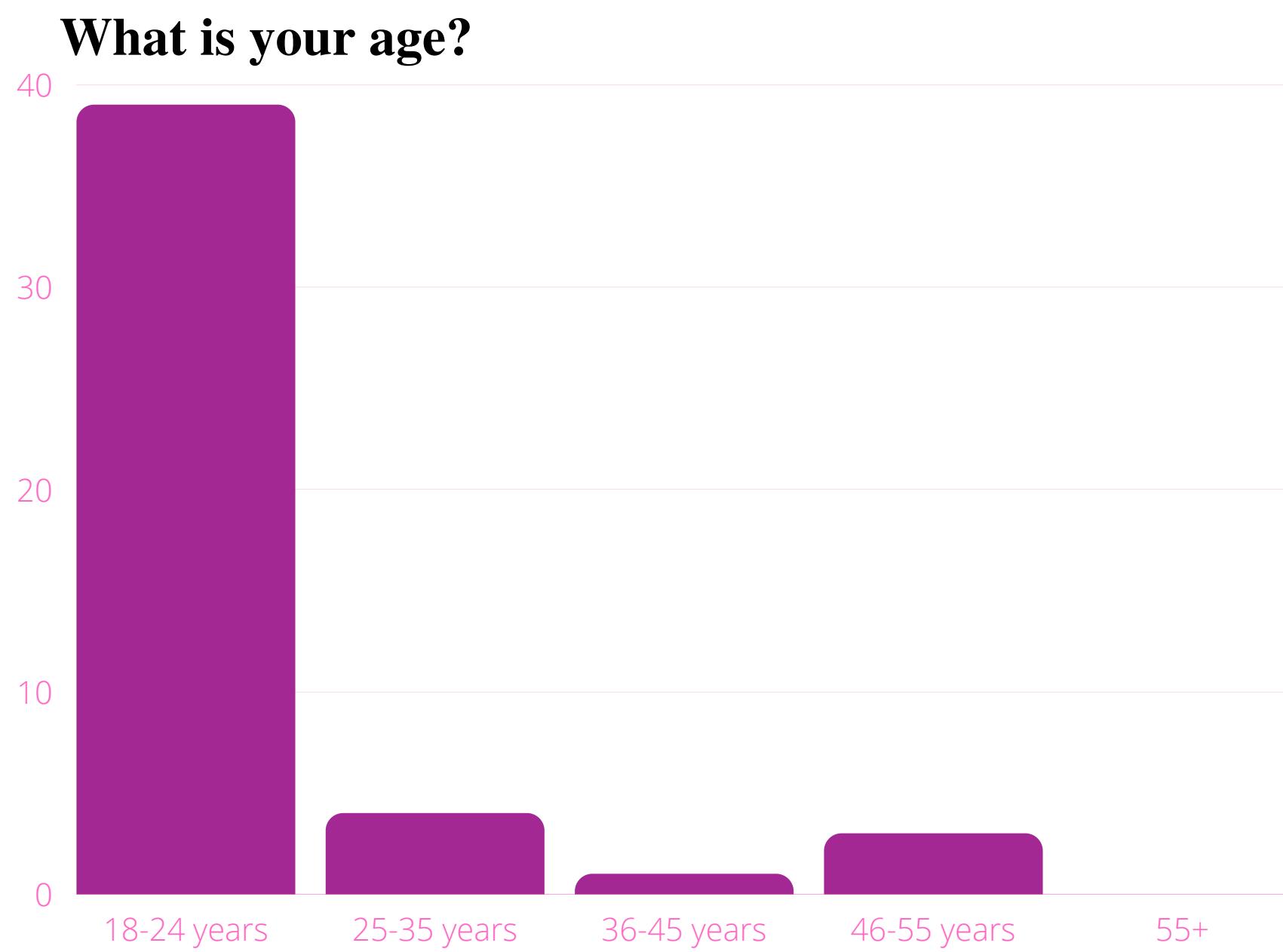
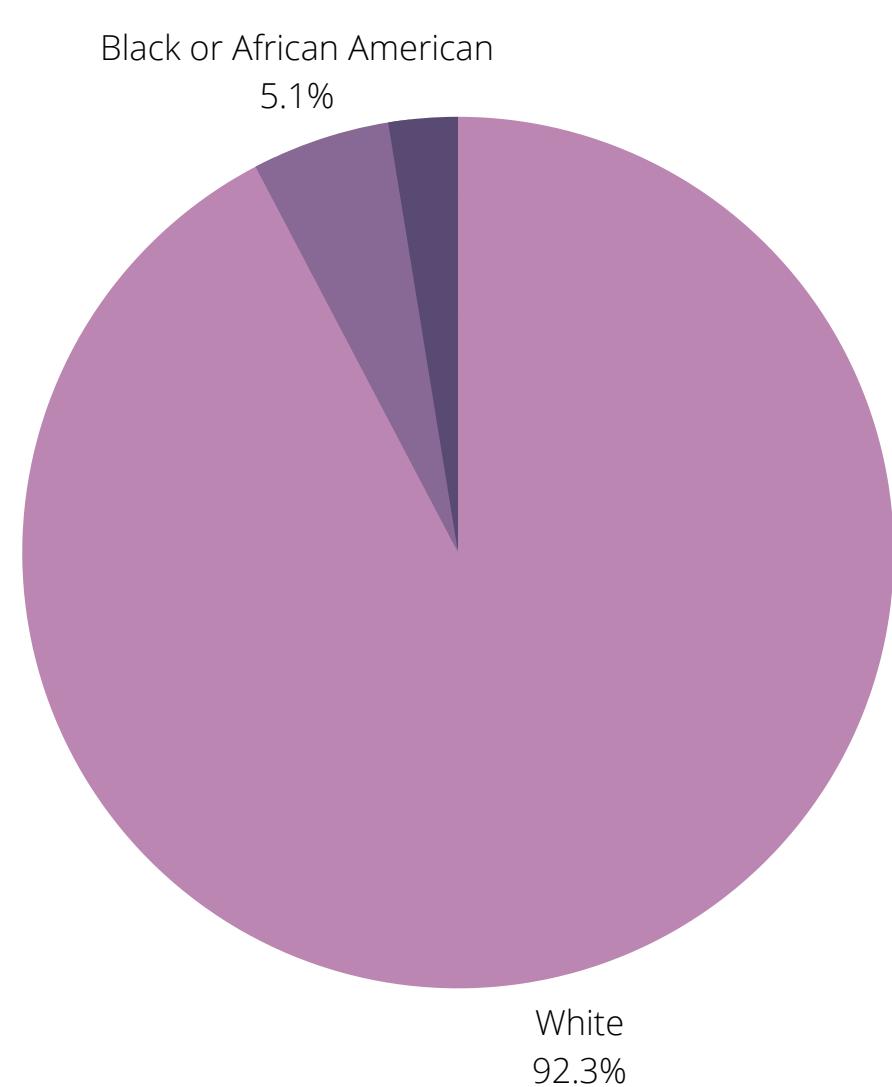


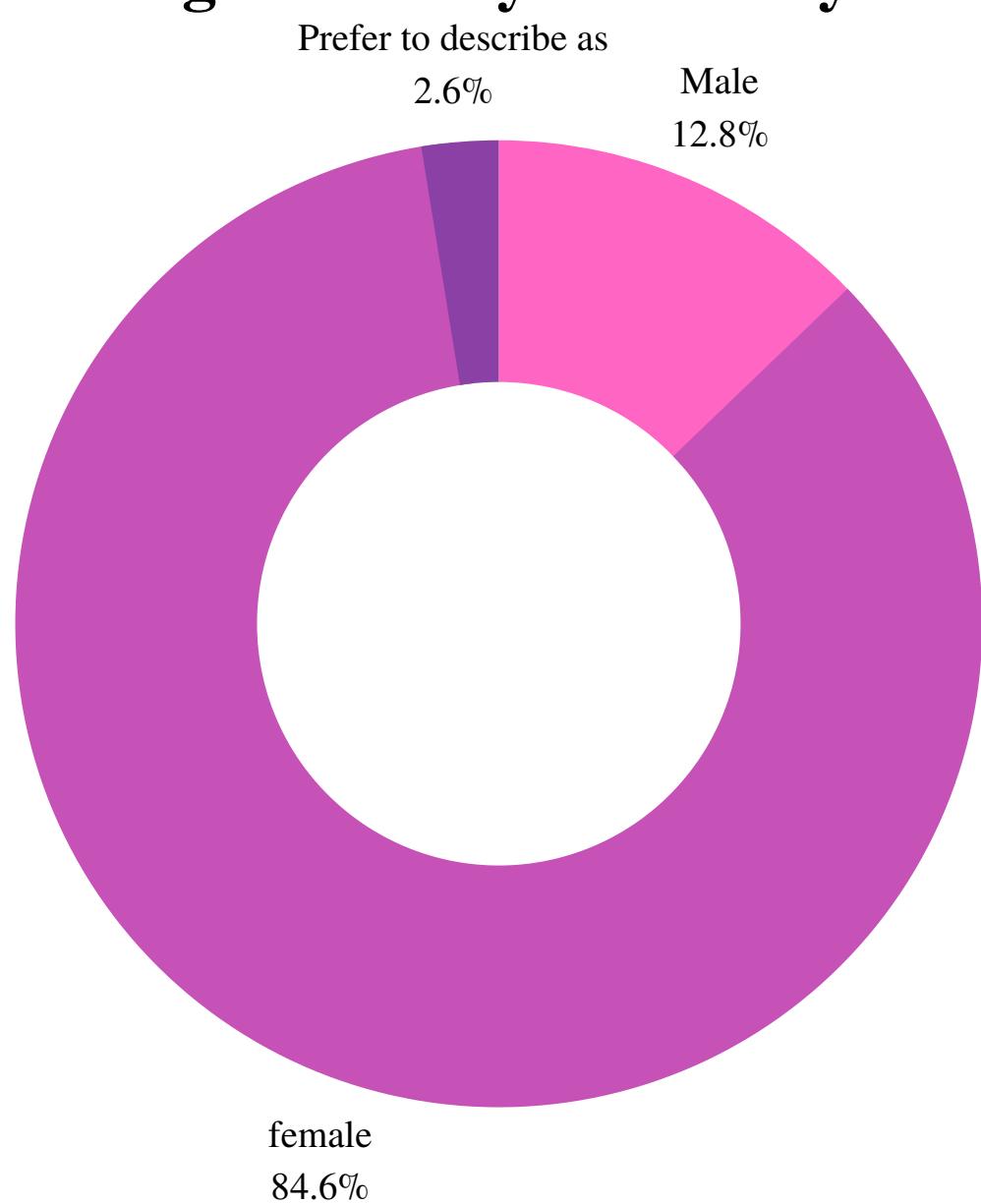
Health and wellness in Generation Z



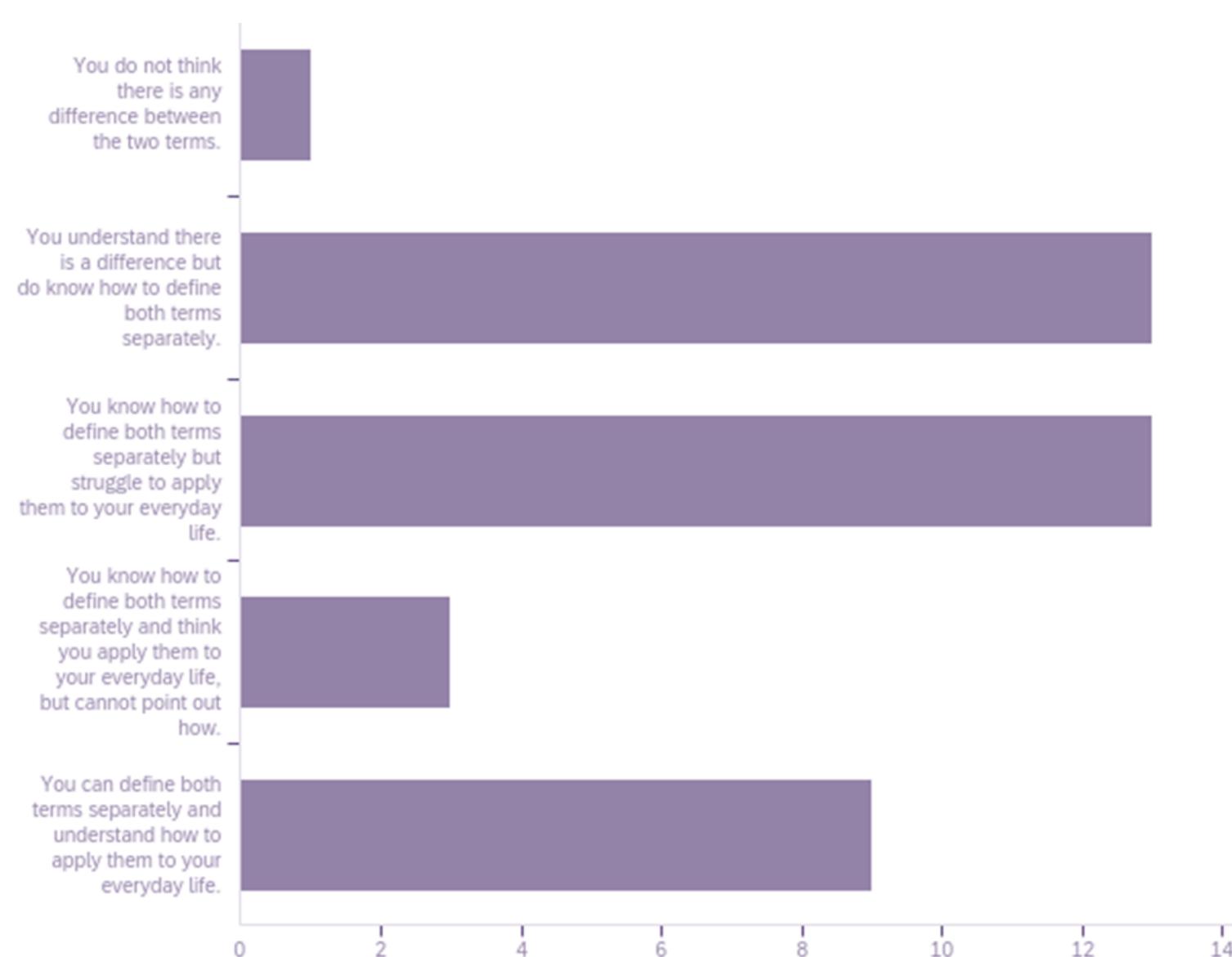
Choose one or more races that you consider yourself to be:



What gender do you identify with?

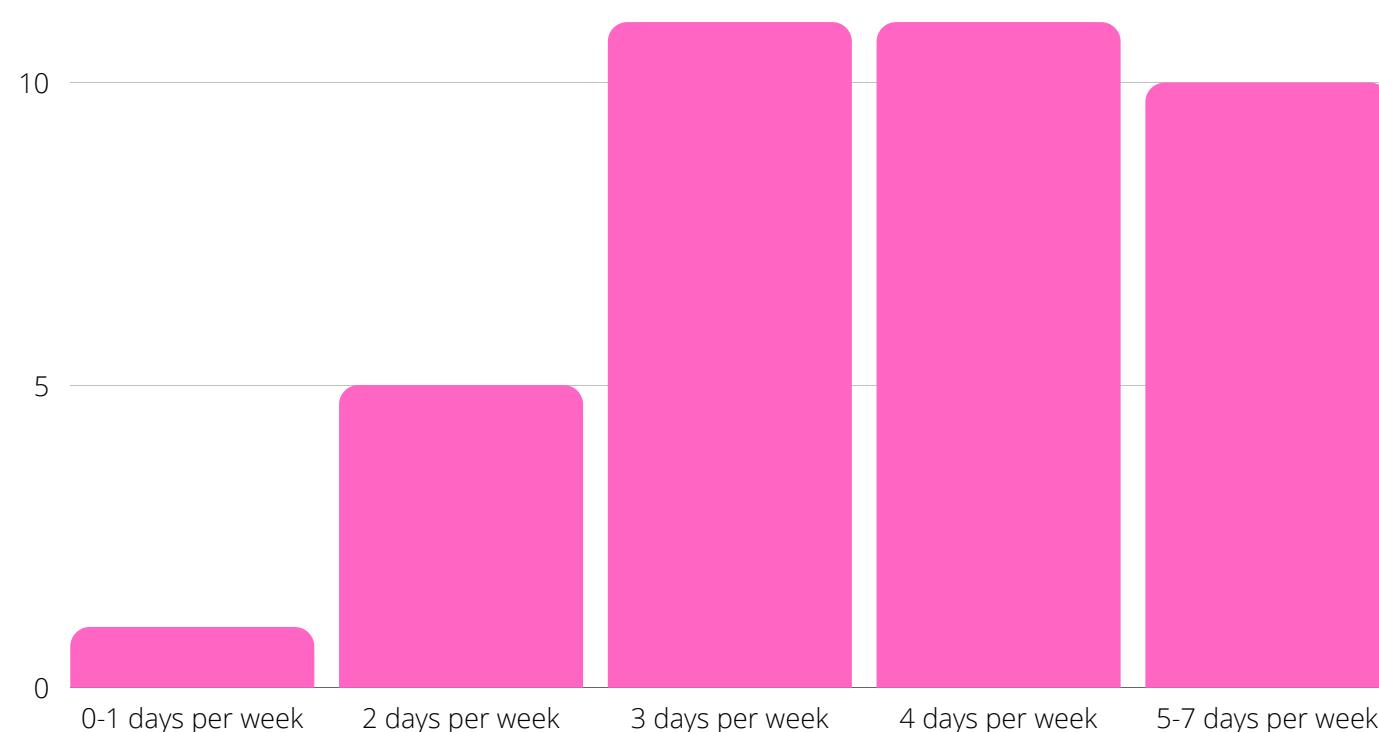


How confident are you that you can differentiate the terms "wellness" and "health"?



The Global Wellness Institute defines wellness as "the active pursuit of activities, choices and lifestyles that lead to a state of holistic health." Considering this definition of wellness, how often do you engage in activities that promote wellness?

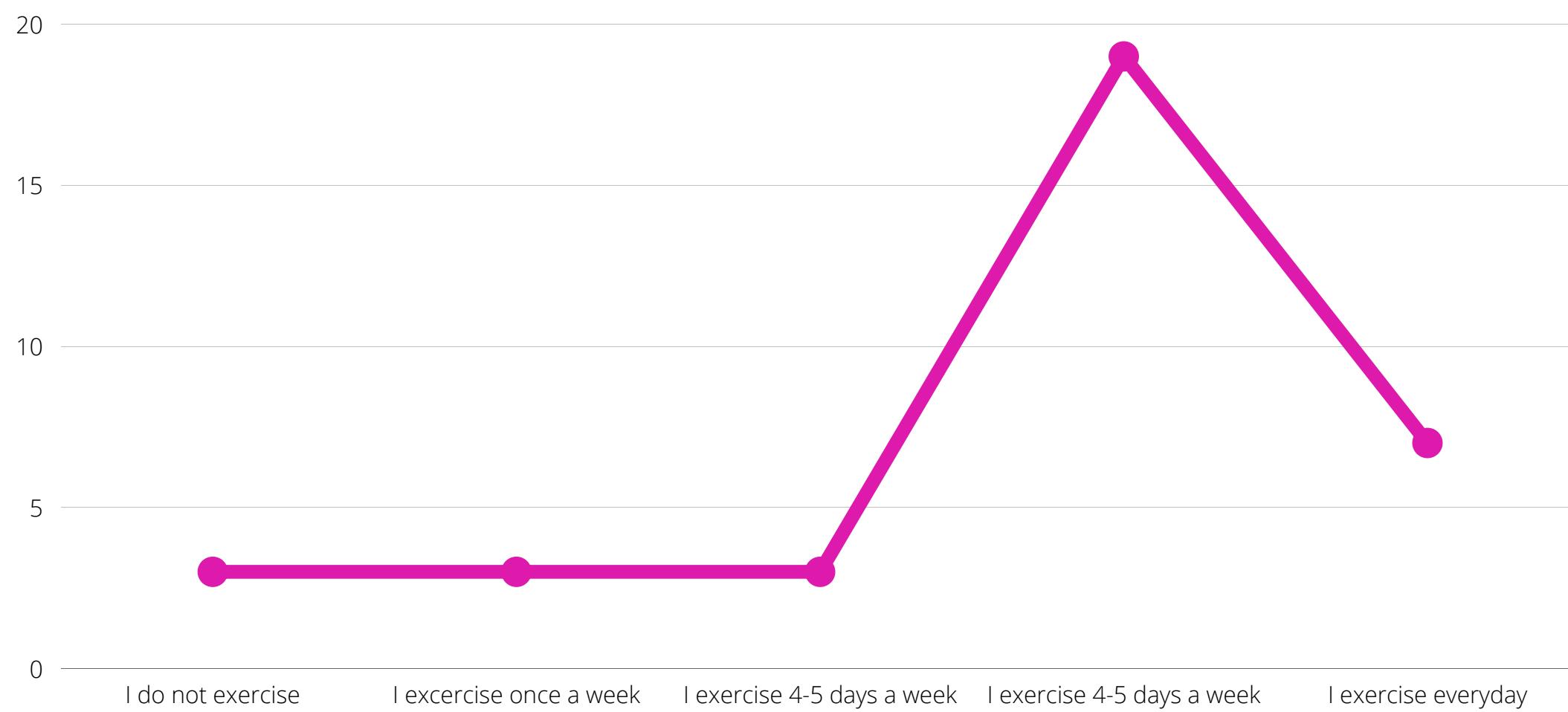
15



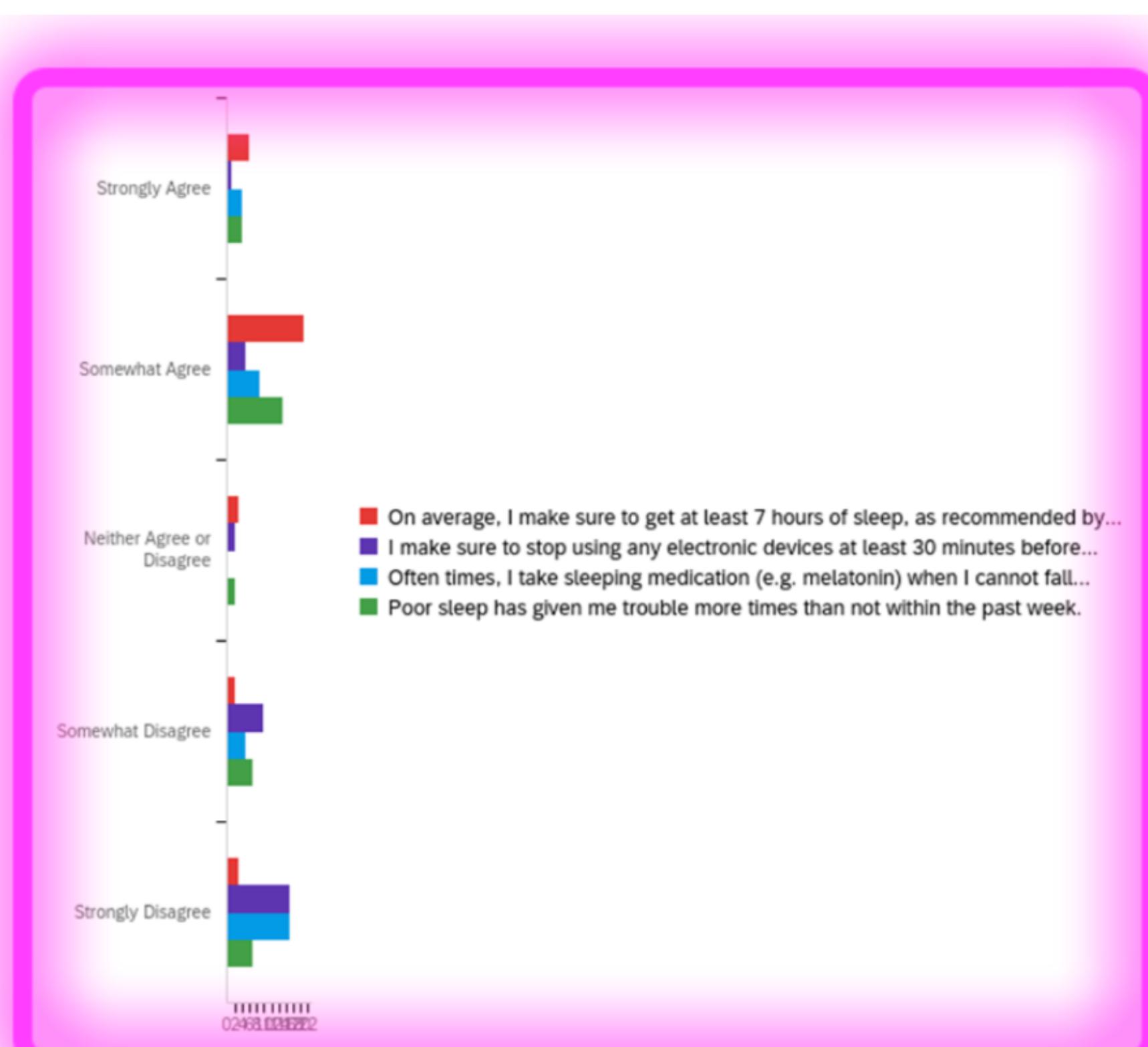
Rank the six dimensions of wellness based on their level of importance to you (1 = least important, 5 = being most important).



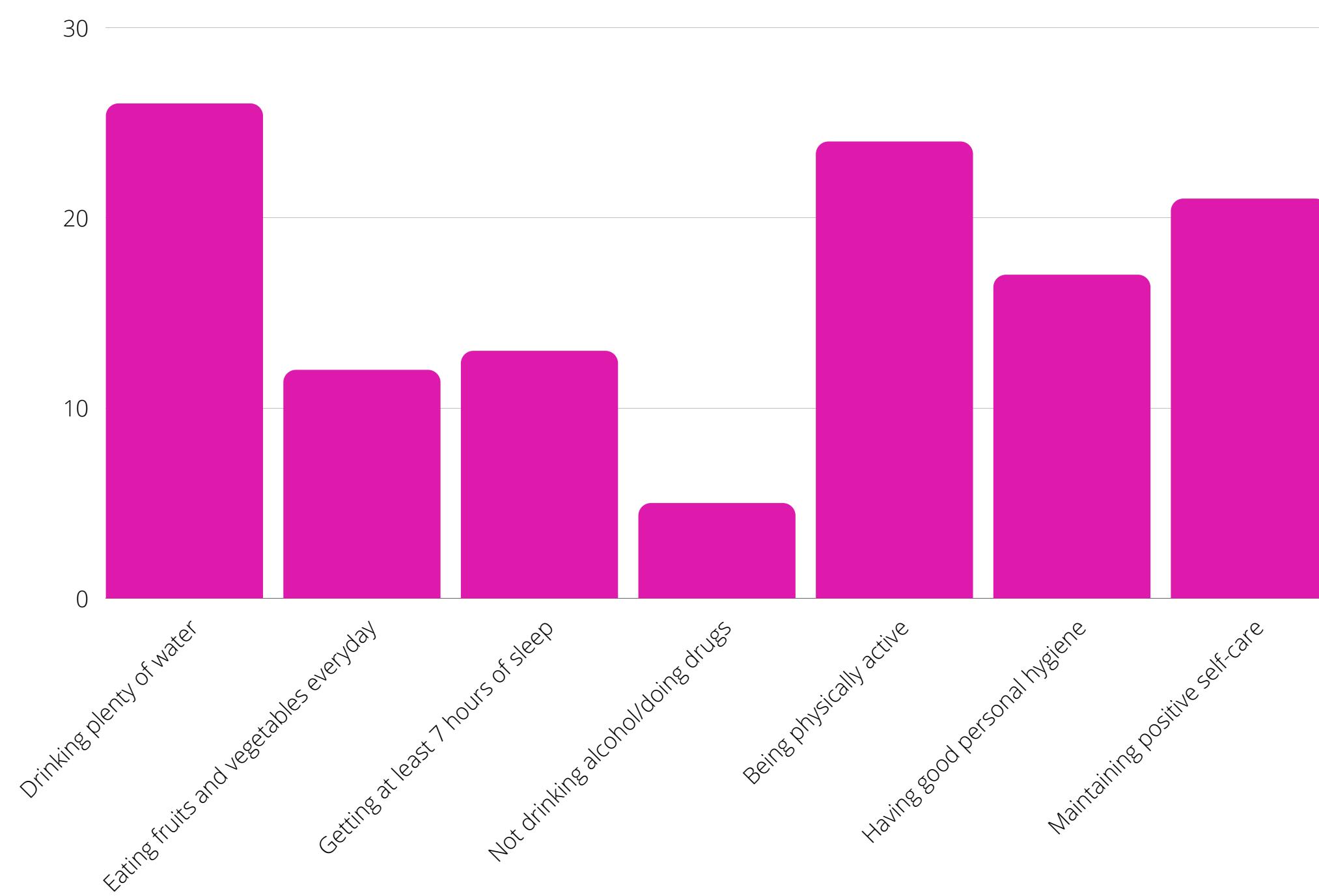
How often do you exercise in a week?



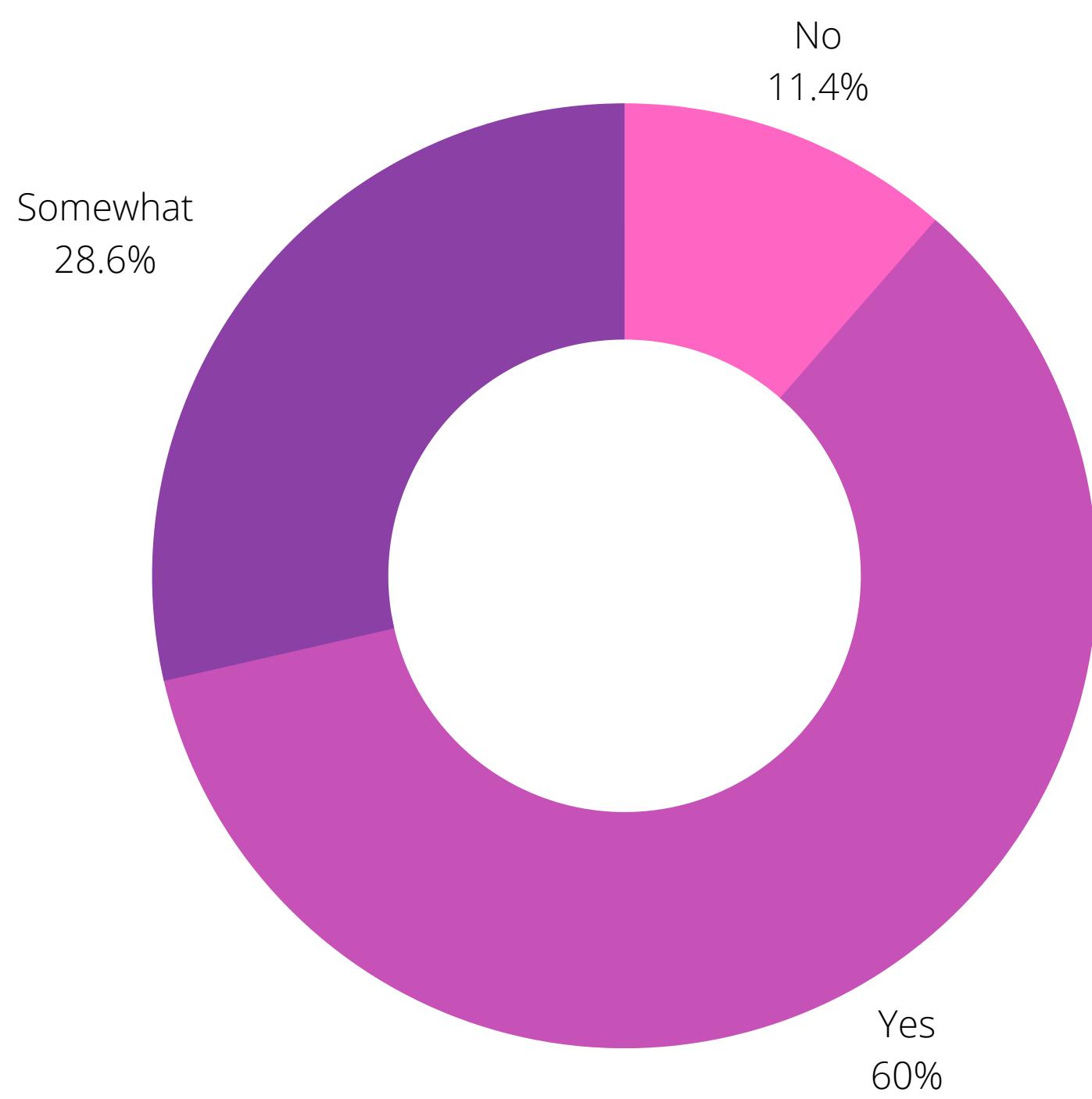
Please indicate your level of agreement or disagreement with the following statements regarding your sleep patterns



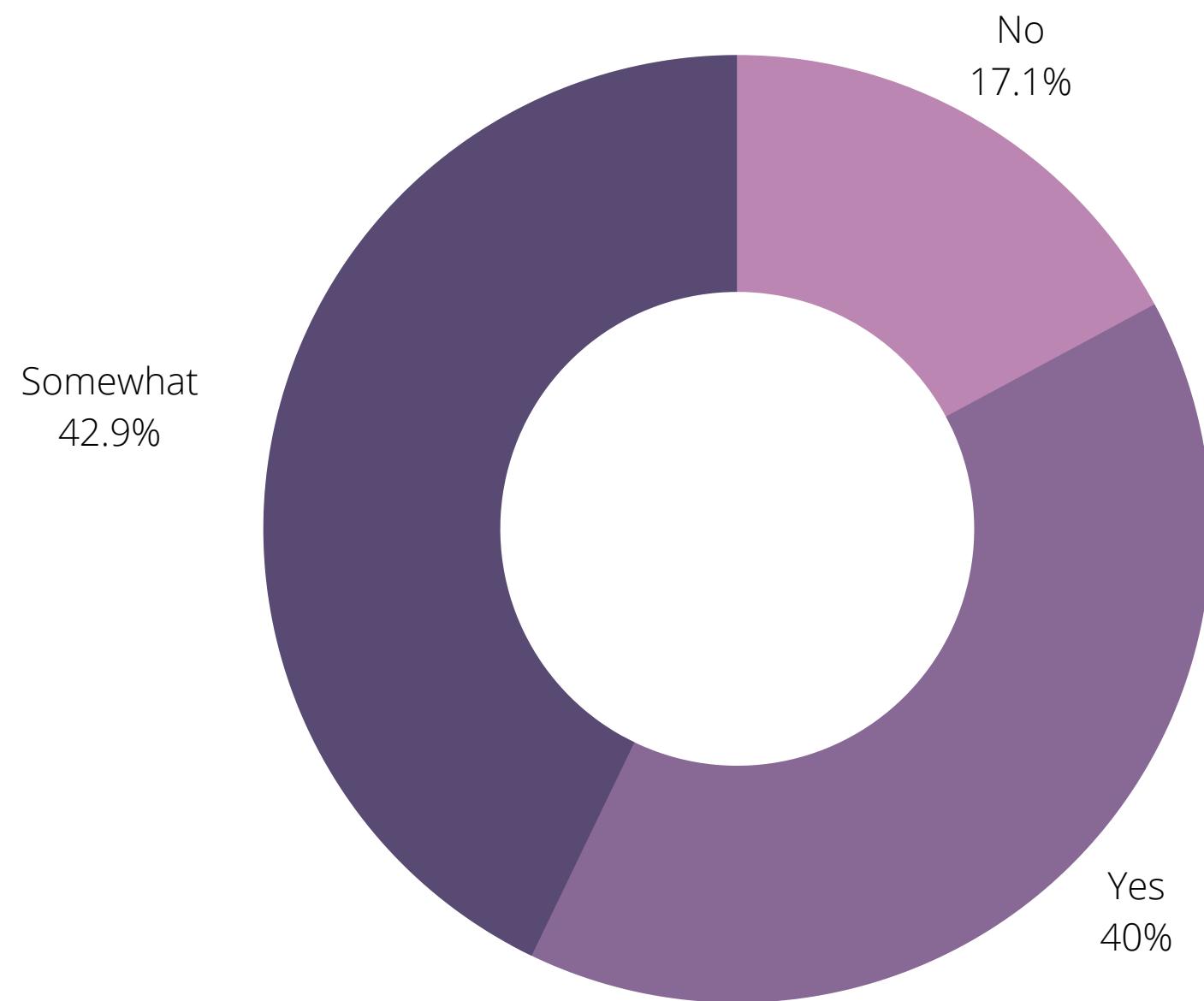
Which elements of maintaining a healthy physical lifestyle would you consider to be the most important? (Choose up to three)



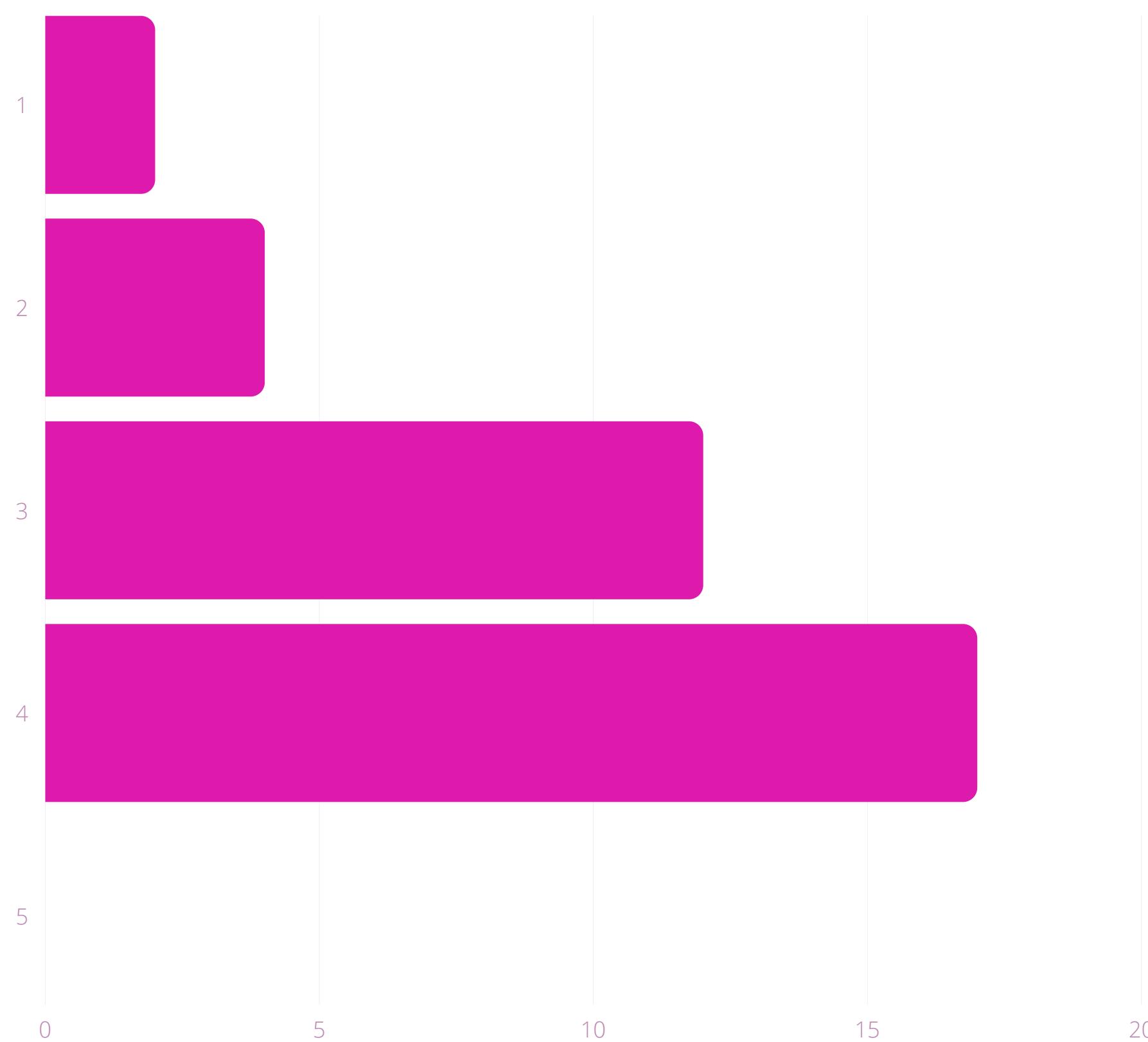
I consider myself physically healthy (e.g., exercising, eating healthy, etc.)



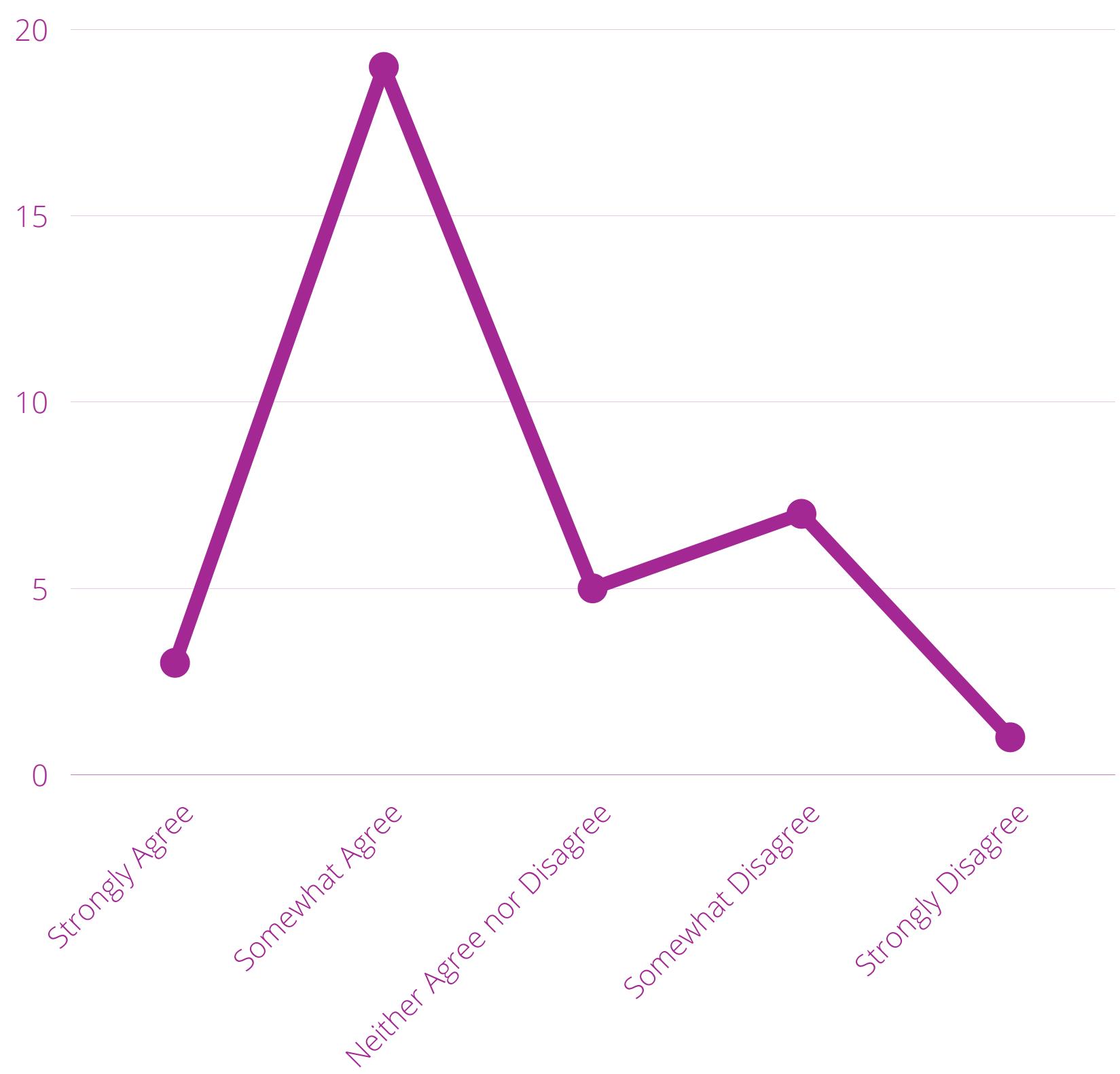
Do you make sure you are mentally healthy (e.g., self confident, generally happy, motivated, etc.) on a regular basis?



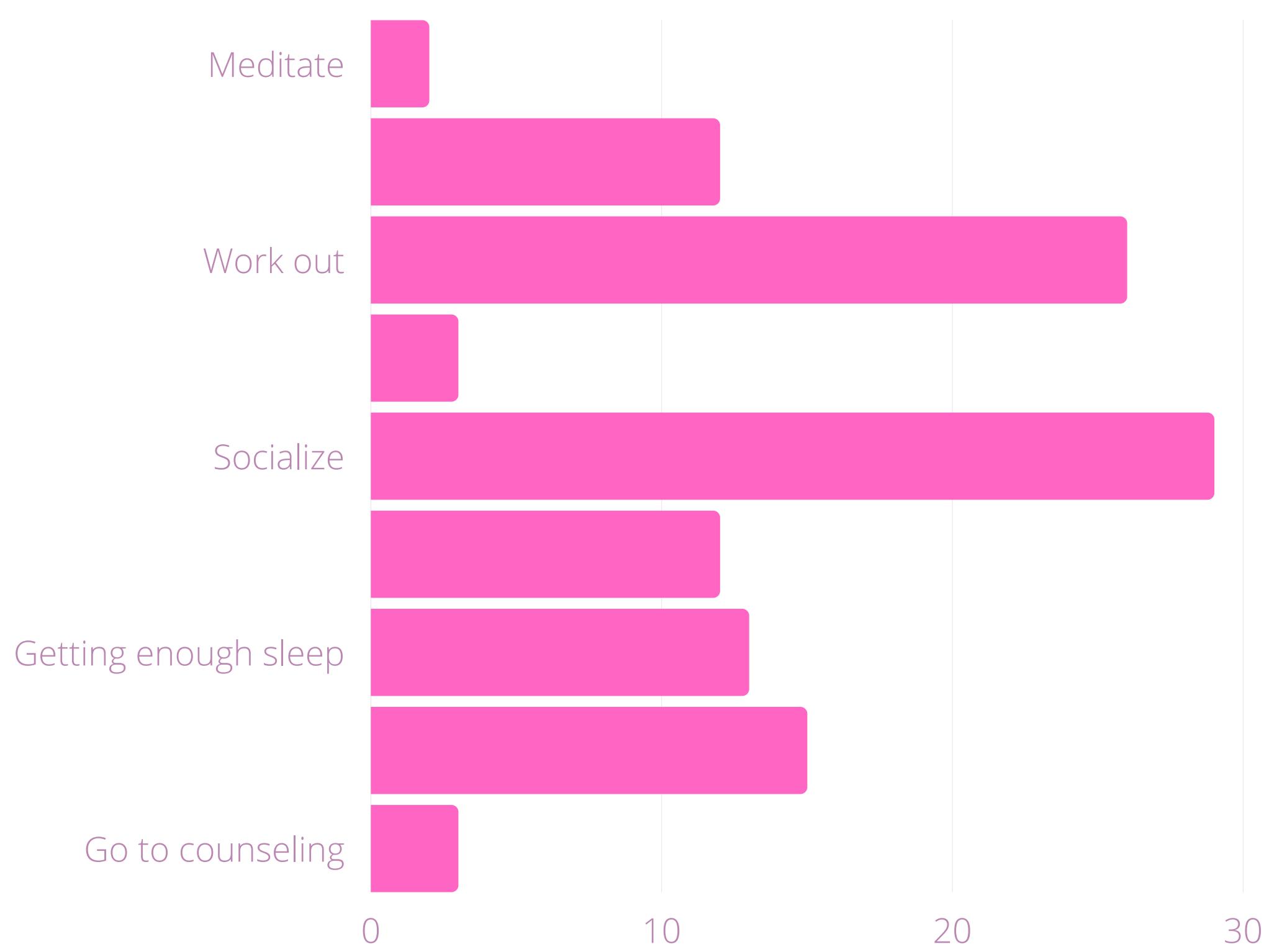
On a scale from 1-5 (1 = lowest, 5 = highest) how mentally healthy do you consider you are?



I actively take care of my mental health on a regular basis:



I do these on a regular basis to help my mental health (Check all that apply):



Do you maintain a healthy diet?

