

1. How often do you skip daily exercise?
 Very often Sometimes Almost never

2. Are you getting enough sleep?
 Most of the time Could use more

3. Do you drink enough water each day?
 I try to I need to do better

4. How often do you find yourself relying on caffeine to get through the day?
 Very often On occasion Not often

5. How often do you skip breakfast and/or lunch and rely on junk food?
 Very often Sometimes Almost never

6. Do you schedule or partake in downtime activities each week? Yes No
If yes, list your three favorite downtime activities.
a) _____ b) _____ c) _____

7. How would you rate your ability to delegate tasks to students in your classroom?
 Could be better Really good

8. How would you rate your skill at saying “no” to doing things that you don’t care about or that will take time away from your primary teacher’s tasks?
 I’m good at it I need to learn how to do it better

9. How well do you handle emotions like fear, sadness, or worry?
 I think I handle them well I need to work on doing better

10. Are you a person who is curious about things and enjoys exploring new ideas, skills, and people?
 Yes, that’s me! It depends on a variety of factors Not for me

11. How would you rate your skills in speaking up about events and issues that bother you at school?
 Not good at this Need help to do this I seldom hesitate to express my opinions

12. How would you rate your sense of humor?
 Poor Good Excellent

13. How would you rate the quality of the social interactions and relationships you have at school, outside of school, and in life in general?
School: Excellent Good Fair Not good at all
Outside: Excellent Good Fair Not good at all
Life: Excellent Good Fair Not good at all