

HERO WELLNESS SCALE



Please circle **ONE NUMBER** for each question below.

1. On average, during the last 7 DAYS, how happy have you felt?

0	1	2	3	4	5	6	7	8	9	10
Not at all happy	Mildly happy			Moderately happy			Highly happy		Extremely happy	

2. On average, during the last 7 DAYS, how enthusiastic have you felt?

0	1	2	3	4	5	6	7	8	9	10
Not at all enthusiastic	Mildly enthusiastic		Moderately enthusiastic				Highly enthusiastic		Extremely enthusiastic	

3. On average, during the last 7 DAYS, how resilient have you felt?

0	1	2	3	4	5	6	7	8	9	10
Not at all resilient	Mildly resilient			Moderately resilient			Highly resilient		Extremely resilient	

4. On average, during the last 7 DAYS, how optimistic have you felt?

0	1	2	3	4	5	6	7	8	9	10
Not at all optimistic	Mildly optimistic		Moderately optimistic			Highly optimistic		Extremely optimistic		

5. On average, during the last 7 DAYS, how would you rate your mental wellness?

0	1	2	3	4	5	6	7	8	9	10
Not at all good	Mildly good			Moderately good			Markedly good		Extremely good	

SCORING: To calculate total score, add all circled numbers.

TOTAL SCORE: 0 - 50

HIGHER SCORES INDICATE HIGHER LEVELS OF WELLNESS

SCORE