

Wellness Report Card

Below, rate yourself per the variables most powerfully impacting your wellness.

SELF

Sleep	__/10
Move	__/10
Fuel	__/10
Grow	__/10
Self Score: /40	

SOCIAL

Inner Circle	__/10
Community	__/10
Recharge	__/10
Social Score: /30	

SCHOOL

Teflon	__/10
Buddy Bench	__/10
Constituents (avg. of 5 groups)	__/10
Faculty/Staff	__/10
Leadership Team	__/10
Parents	__/10
Students	__/10
Boss(es)	__/10
School Score: /30	

Total Score: /100