

## HERO WELLNESS SCALE

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

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

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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**

