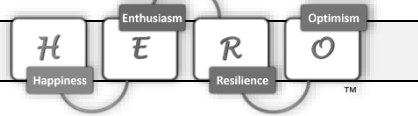


HERO WELLNESS SCALE



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