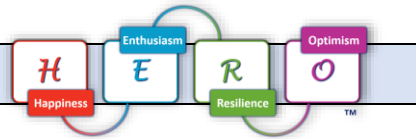


# HERO WELLNESS SCALE



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**

<b>SCORE</b>
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