

BeWellness Questionnaire Scale

The questionnaire consisted of 7 categories:

1. Physical Wellbeing
2. Nutritional Wellbeing
3. Emotional Wellbeing
4. Sleep
5. Social Wellbeing
6. Mindfulness
7. Energy

Each category consisted of 6 questions scored from 1-4 points.

Scores are reflected in multiple ways:

- Scores for each individual category to show specific areas of improvement that may be needed
- Overall wellness score to give you a “big picture” overview of your wellness.

Category Point scale:

Developing ----- 6-11 points
Growing ----- 12-17 points
Peaking ----- 18-24 points

Total Point Scale:

Developing ----- 42-104 points
Growing ----- 105-146 points
Peaking ----- 147-168 points

What do my scores mean?

Developing:

If you fall into this level of wellness, we **highly** recommend you make some concerted decisions to change specific habits in your life. You are most likely over stressed, lack energy, or simply do not feel good on a regular basis. You deserve to feel better, and we can help make that happen. We recommend taking a deep dive into the additional resources we have available, based on your areas of need, such as a Health Coach, Dietician, Personal Trainer, or Holistic experts.

Growing:

If you fall into this level of wellness it means, overall, you have some good habits in place; you just need to take the next step. Are there days where you do not have energy, cannot sleep, or are over stressed? Do you find it hard to keep a routine or build habits? We can help guide you to improve all of these areas and show you how to make the most of your days. We recommend taking a deeper look at the resources on the Wellness Resources page on the www.Cloud9kinemafitness.com website. We have a myriad of resources available that will give you ideas on how you can improve.

We also recommend, if you have specific areas which need more improvement than others, to schedule a session with one of our highly trained Health Coaches, Dietitians, Personal Trainers, or Holistic Practitioners.

Peaking:

If you fall into this level of wellness it means, overall, you have particularly good habits in place. You know how to manage your stress levels regularly, feel energized, and feel good about where you are. This is the category we want everyone to strive for. Everyone can feel optimistic, more connected, and less stressed. Though as a whole you have strong habits, there are possibly still areas to improve on, as we all are constantly trying to maintain and build healthy habits. If you feel you could use some more help in specific areas, we recommend reaching out and scheduling a call with one of our Wellness Experts to see what areas we can help you improve on.

Additional resources available at www.cloud9kinemafitness.com

- Cloud 9 Website Wellness Resources Page
 - Resources for each category on the website
 - Videos, articles, and other information on each category
- One-on-one call with one of our Wellness Experts. (For Cloud 9 Members)
 - Go over your results and discuss your specific goals
 - Guide you to additional resources which will help you towards your goals

List of Additional Resources:

- Licensed Dietician
- Expert Holistic Coaches trained in Breathwork, Stress Reduction, and various other forms of mindfulness
- Certified and experienced Personal Trainers
- Professional Health Coaches trained to help you build sustainable habits and guide you to your specific goals

