

## Health & Resilience Pre-Questionnaire

Rate how you are doing in key areas for your long-term health: (circle *one* number for each question below)

1. How would you rate yourself in terms of being socially connected to others?

0	1	2	3	4	5	6	7	8	9	10
Not at all	connected				Neutral				Very	connected
2. How	would yc	ou rate y	ourself i	n terms	of being	intereste	ed in lea	rning ne	w things	s?
0	1	2	3	4	5	6	7	8	9	10
Not at all	interested				Neutral				Very	interested
3. Using	g your ov	vn defini	tion, how	v would <u>:</u>	you rate	yourself	in terms	s of succ	essful a	ging?
0	1	2	3	4	5	6	7	8	9	10
Least suc	cessful				Neutral				Most	successful
	would yc u needed	-	ourself i	n terms (	of how li	kely you	are to s	eek men	tal heal	th help
0	1	2	3	4	5	6	7	8	9	10
Not at all	likely				Neutral					Very likely
5. How	would yo	ou rate y	ourself i	n terms	of being	physical	ly active	?		
0	1	2	3	4	5	6	7	8	9	10
Not at all	active				Neutral					Very active
Patient I	nitials:		_ Date (	MM/DD/	′YY):		To	otal Score	:	/50
THE	USE OF THIS I	Clinicians a Copyright <sup>©</sup> 2 DOCUMENT A	are welcome 2020 Fountaiı ND THE INFO	to photocopy n of Health As RMATION SET	OUT IN IT IS	y not modify t Optimal Aging SUBJECT TO T	hem without <u>www.founta</u> HE TERMS, (	ainofhealth.ca	ND RESTRIC	



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0	1	2	3	4	5	6	7	8	9	10
lot at all o	connected				Neutral				Very	connecte
2. How	would yo	ou rate y	ourself ir	n terms o	of being	intereste	ed in lea	rning ne	w things	?
0	1	2	3	4	5	6	7	8	9	10
Not at all i	interested				Neutral				Very	interested
3. Using	g your ov	vn defini	tion, hov	v would y	you rate	yourself	in terms	s of succ	essful a	ging?
0	1	2	3	4	5	6	7	8	9	10
									Moot	successfu
1. How		-	ourself ir	n terms o	Neutral of how lil	kely you	are to s	eek men		
1. How	would yc	-	ourself ir 3	n terms o 4		kely you 6	are to se 7	eek men 8		
if you	would yc needed 1	it?			of how lil				tal healt 9	h help 10
4. How v if you o	would yc 1 needed 1 likely	2		4	of how lil 5 Neutral	6	7	8	tal healt 9	h help
4. How v if you o	would yc 1 needed 1 likely	2	3	4	of how lil 5 Neutral	6	7	8	tal healt 9	h help 10
4. How y if you o Not at all 1	would yc 1 needed 1 likely would yc 1	it? 2 ou rate y	3 ourself ir	4 n terms o	of how lil 5 Neutral of being	6 physical	7 ly active	8	tal healt 9 9	h help 10 Very likel
<ol> <li>How 1</li> <li>if you</li> <li>0</li> <li>Not at all 1</li> <li>Not at all 1</li> </ol>	would yc 1 needed 1 likely would yc 1 active	it? 2 ou rate y 2	3 ourself ir	4 n terms o 4	of how lil 5 Neutral of being 5 Neutral	6 physical 6	7 ly active 7	8	tal healt 9 9	h help 10 Very like 10 /ery activ