

employee interests and willingness inventory

How interested are you in improving or finding out more information regarding:

	Very interested	Neutral	Not at all interested
Active Living	3	2	1
Healthy Eating	3	2	1
Mental Health	3	2	1
Other Health Interest	3	2	1
Positive Social Environment	3	2	1

Would you participate in health-promoting activities planned by the school/jurisdiction that focus on:

	Would participate	Neutral	Would not participate
Active Living	3	2	1
Healthy Eating	3	2	1
Mental Health	3	2	1
Other Health Interest	3	2	1
Positive Social Environment	3	2	1

Which of the following activities/opportunities are you interested in:

- Lunch 'n learn sessions with guest speakers
- Physical activity challenges
- Fitness or strength classes at the school
- Healthy snack club
- School/community garden or greenhouse
- Health and wellness policies
- School and community events
- Mental fitness activities
- Stress management strategies

List any other ideas you would like to see a Wellness Committee bring to life:

What are your expectations of a Wellness Committee and Program at your school?

What would be helpful to support your participation in future Wellness Committee activities?

