

# Student Health and Wellness Survey Template

Gather valuable insights with our **Student health and wellness survey template**, designed to assess physical and mental well-being. This template helps educators and administrators identify student needs and promote a healthier campus environment. Enhance support programs by understanding key wellness factors through structured feedback.

## General Information

Name (optional):

Age:

Year of Study:

## Physical Health

How would you rate your overall physical health?

How many days per week do you engage in physical activity?

0  1-2  3-4  5-7

## Mental Well-being

How would you rate your current mental well-being?

What are your primary sources of stress?

Academic  Social  Family  Financial  Other

## Access to Wellness Resources

Are you aware of health and wellness resources on campus?

Yes  No

What resources have you used? (Check all that apply)

Counseling Services  Campus Gym  Student Health Center  Peer Support Groups  None

## Suggestions & Comments

How can the school better support your health and wellness?

Submit