

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:

Select

Physical Health

How would you rate your overall physical health?

Select

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?

Select

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