**The Pizzi Health and Wellness Assessment (PHWA)©**

**Developed by Michael A. Pizzi, PhD, OTR/L, FAOTA**

The PHWA© looks at the health and well-being of a person in several different areas. There is an assumption that what we do in our daily lives impacts our health and well-being, while the reverse is also true. Our health and well-being directly affects the things we choose to do, how we do them and it affects where and how often we do them.

The following are categories of health. Please rate your feelings about YOUR levels of health in these areas, on a scale of 1-10, with 0 being poor to 10 being excellent. Do not think about your rating. Rate yourself quickly using your ‘gut’ reaction which is the truest one.

***Social health*** (interacting with others; talking and communicating with others; being with others)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Physical health*** (how your body works when doing things and how you physically feel)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Family health*** (how you work, play and communicate with your family)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Occupational health*** (how productive you are and do things related to your role as a student, worker, or other things you do in life)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Mental/Emotional health*** (feelings of being mentally and emotionally well)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

***Spiritual health*** (the sense that the things you do are important and meaningful)

0 1 2 3 4 5 6 7 8 9 10

poor excellent

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **SOCIAL HEALTH**(interacting with others; talking and communicating with others; being with others) |
| ***Please answer the following questions:*** |
| Why did I rate myself in social health as I did?  |
| How does my current social health affect my day to day activities? |
| How can I improve my social health? Is there anything that gets in the way of improving in this area?  |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well you do** day to day activities related to talking to and being with others

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate your current **level of interest** in improving your participation in activities related to talking to and being with others

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **PHYSICAL HEALTH**(how the body works and how one physically feels) |
| ***Please answer the following questions:*** |
| Why did I rate myself in physical health as I did?  |
| How does my current physical health affect my day to day activities? |
| How can I improve in this area? Is there anything that gets in the way of improving in this area?  |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well you do** day to day activities related to how well your body moves

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate your current **level of interest** in improving how well your body moves

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  **FAMILY HEALTH**(how you work , play and communicate with your family and how the family gets along) |
| ***Please answer the following questions:*** |
| Why did I rate myself in family health as I did?  |
| How does my current family health affect my day to day activities? |
| How can I improve in this area? Is there anything that gets in the way of improving in this area?  |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well you do** day to day activities related to your family

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate your current **level of interest** in improving your participation in activities related to your family

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **OCCUPATIONAL HEALTH**(feelings of being productive and doing things related to your role as a student, worker, or other things you do in life) |
| ***Please answer the following questions:*** |
| Why did I rate myself in occupational health as I did?  |
| How does my current occupational health affect my day to day activities? |
| How can I improve in this area? Is there anything that gets in the way of improving in this area?  |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well you do** day to day activities related to being active and productive doing things

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate your current **level of interest** in improving your participation in being active and productive in doing things

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **MENTAL/EMOTIONAL HEALTH**(feelings of being mentally and emotionally well) |
| ***Please answer the following questions:*** |
| Why did I rate myself in mental/emotional health as I did??  |
| How does my current mental/emotional health affect my day to day activities? |
| How can I improve in this area? Is there anything that gets in the way of improving in this area?  |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well you do** day to day activities related to being mentally and emotionally well

Rating \_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate your **current level of interest** in being more mentally and emotionally well

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***The Pizzi Health and Wellness Assessment (PHWA)*** |
| **SPIRITUAL HEALTH**(Spiritual being **defined as having purpose and meaning** and doing meaningful things and not related to religion) |
| ***Please answer the following questions:*** |
| Why did I rate myself in spiritual health as I did?  |
| How does my current spiritual health affect my day to day activities? |
| How can I improve in this area? Is there anything that gets in the way of improving in this area?  |

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate **how well you do** day to day activities related to doing things that are meaningful in your life

On a scale of 1-10, with 1 being poor and 10 being excellent, how would you rate your current **level of interest** in improving your participation in doing things that are meaningful in your life

Rating \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please tell me which of these areas are your top 3 priority health areas to work on:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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