

# What is Your Environmental Wellness?

Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I consciously conserve energy (electricity, heat, light, water, etc.) in my place of residence.
- \_\_\_\_\_ 2. I practice recycling (glass, paper, plastic, etc.)
- \_\_\_\_\_ 3. I am committed to cleaning up the environment (air, soil, water, etc.)
- \_\_\_\_\_ 4. I consciously carpool, ride a bicycle, walk, etc. in order to conserve fuel energy and to lessen the pollution in the atmosphere.
- \_\_\_\_\_ 5.