

Health & Resilience Pre-Questionnaire

Find out how you are doing in some key health areas for your long term health:
 (circle one number for each)

1. How would you rate yourself in terms of being socially connected to others?

1 2 3 4 5 6 7 8 9 10



Not at all connected

Very connected

2. How would you rate yourself in terms of being interested in learning new things?

1 2 3 4 5 6 7 8 9 10



Not at all interested

Very Interested

3. Using your own definition, how would you rate yourself in terms of successful aging?

1 2 3 4 5 6 7 8 9 10



Least successful

Most successful

4. How would you rate yourself in terms of how likely you are to seek mental health help if you needed it?

1 2 3 4 5 6 7 8 9 10



Not at all likely

Very likely

5. How would you rate yourself in terms of being physically active?

1 2 3 4 5 6 7 8 9 10



Not at all active

Very active

Patient Initials: _____ Date: _____ **Total PRE-Score:** _____ /50