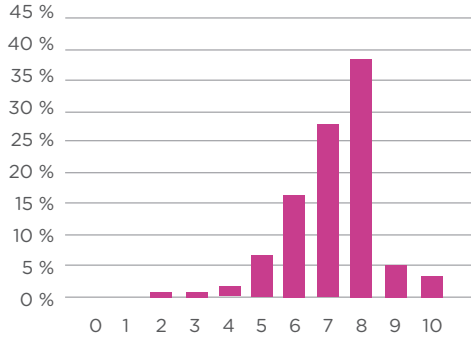


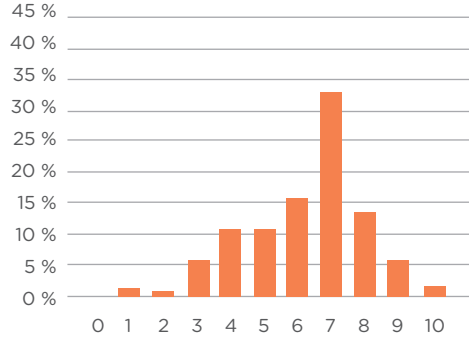
# POSITIVE HEALTH

RESULTS: N = 102 • AVERAGE AGE = 22 • MIN. AGE = 18 • MAX. AGE = 58  
SCORE: 0 = POOR, 10 = EXCELLENT

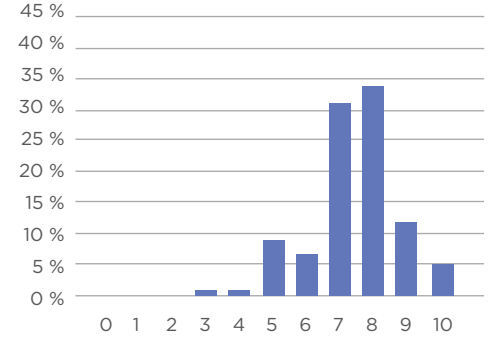
**How would you rate your bodily, physical functions?** Eg. movement, sedentary time, sleep, relaxation, nutrition, pain,...



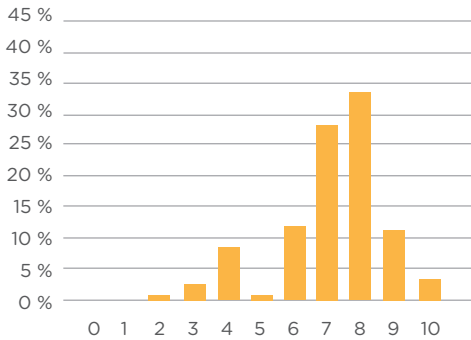
**How would you rate your mental, cognitive functions?** Eg. stress levels, anxiety, arousal levels, thinking process, attention span,...



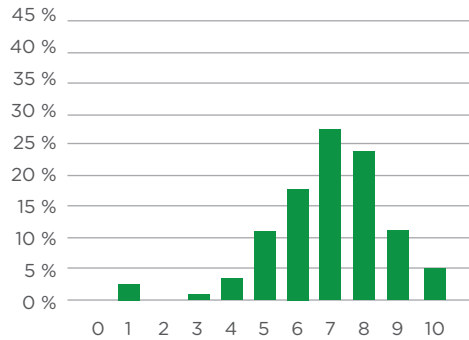
**How would you rate your life in terms of meaningful living?** Eg. gratitude, direction in life, setting goals, achieving goals,...



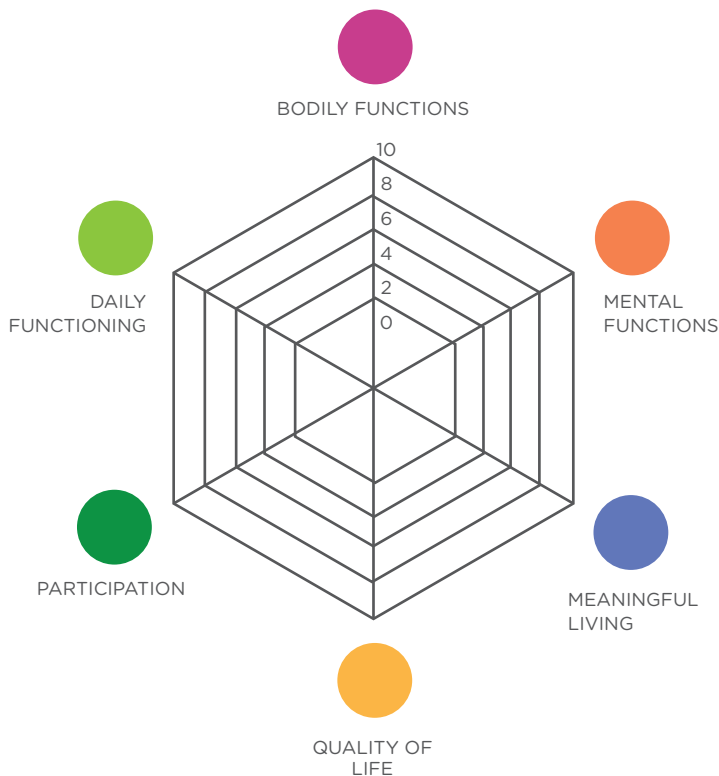
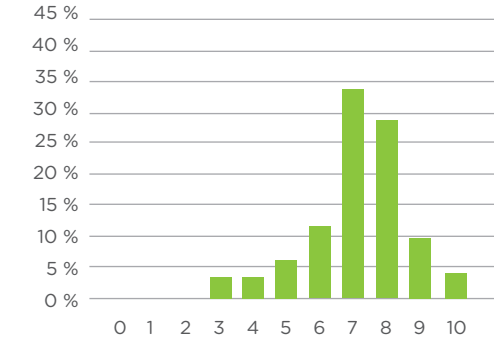
**How would you rate your life in terms of quality of life/well being?** Eg. being happy, enjoyment, experiencing luck, balance, safety, environment,...



**How would you rate your life in terms of societal participation?** Eg. social network, activities, belongingness,...



**How would you rate your life in terms of daily functioning?** Eg. self-care, setting limits, boundaries, health literacy,...



**Of all aspects in your life, what would you like to change/improve?**

