

Questionnaire 1

Age

- ☐ ≤ 23
- ☐ 24-29
- ☐ ≥ 30

Gender

- ☐ Female
 - ☐ Male
 - ☐ Non-conforming
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Please rank the following in order of most to least important to your overall wellbeing (1 = most important)

- ___ Academic performance
- ___ Physical fitness
- ___ Family
- ___ Financial stability
- ___ Friends
- ___ Hobbies
- ___ Alone time
- ___ Sleep

What do you need to accomplish in order to feel successful as a medical student? Please rank the following in order of most to least important to your success (1 = most important)

- ___ Do well on board exams
- ___ Maintain physical fitness
- ___ Publish research
- ___ Maintain a healthy diet
- ___ Keep up with friends
- ___ Become involved in extracurriculars (e.g. interest groups, committees)
- ___ Match into first choice residency program
- ___ Spend time with family

On a scale from 1 to 10, how important is it to you to maintain your wellness while in medical school? _____
(1 = not important, 10 = most important)

What do you do to keep yourself feeling well?

What do you do when you are not feeling well?

What gets in the way of you doing those things? Please check all that apply.

- ☐ School work
 - ☐ Family responsibilities
 - ☐ Research
 - ☐ Friends and other social responsibilities
 - ☐ Finances
 - ☐ Physical or mental health
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