

How happy are you?

In comparison to the happy times in your life, how happy were you in the past two weeks?



5

Very Happy



4

Happy



3

A Little Happy



2

A Little Unhappy



1

Unhappy



0

Very Unhappy

How healthy do you feel?

In comparison to times in your life when you felt healthiest, how healthy have you felt in the past two weeks?



5 **Very Healthy**



4 **Healthy**



3 **A Little Healthy**



2 **A Little Sick**



1 **Sick**



0 **Very Sick**