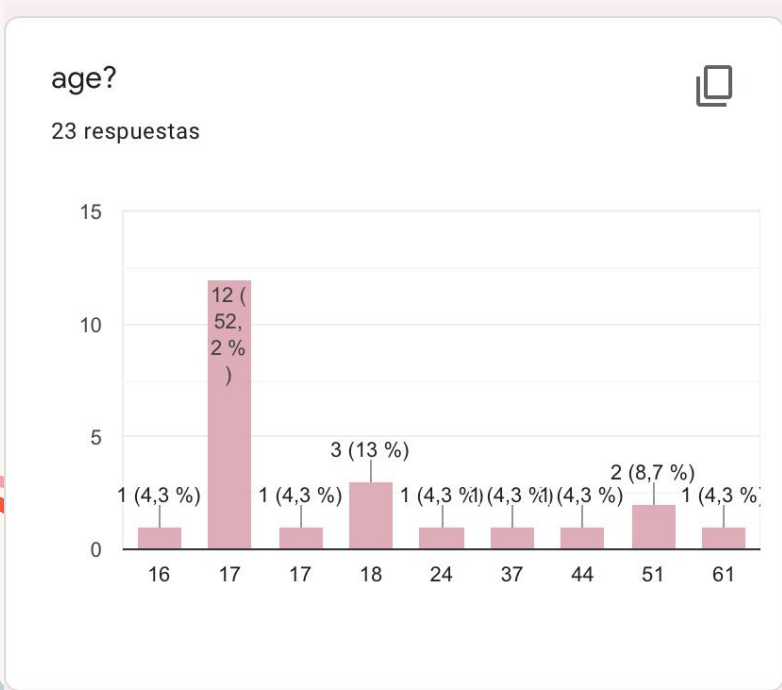




# Survey Results

WELLNESS SPIRAL



23 respuestas

Se aceptan respuestas

GMAIL

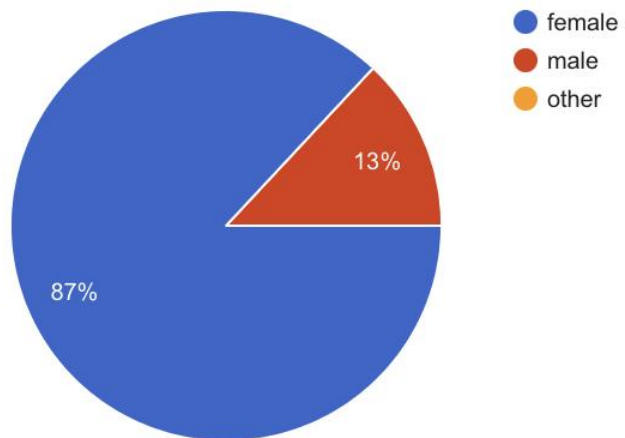
LIVE

HOTMAIL

COLEGIO BEATO

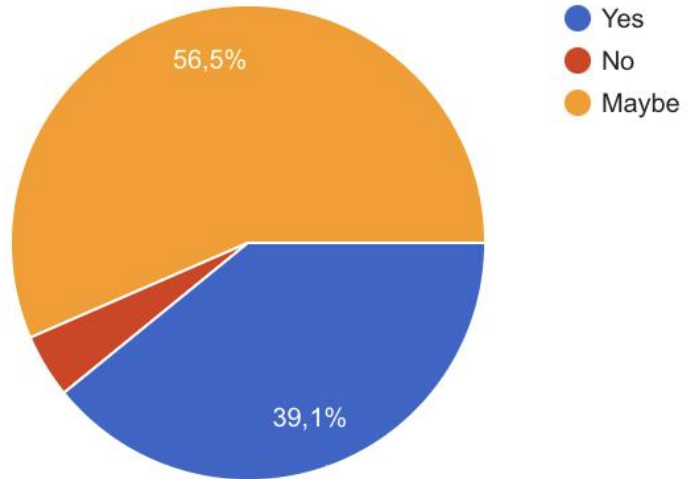
gender:

23 respuestas



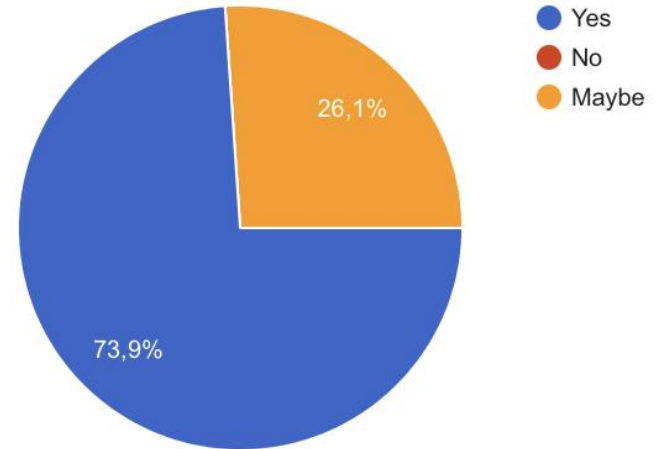
## Do you prioritize Self Love?

23 respuestas



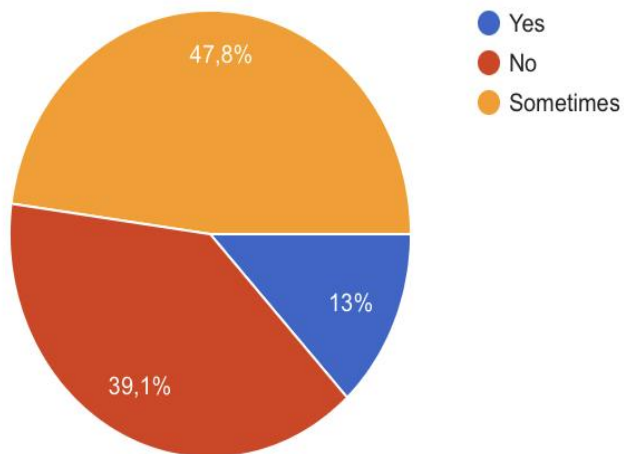
## Do you consider organization to be important in all aspects?

23 respuestas



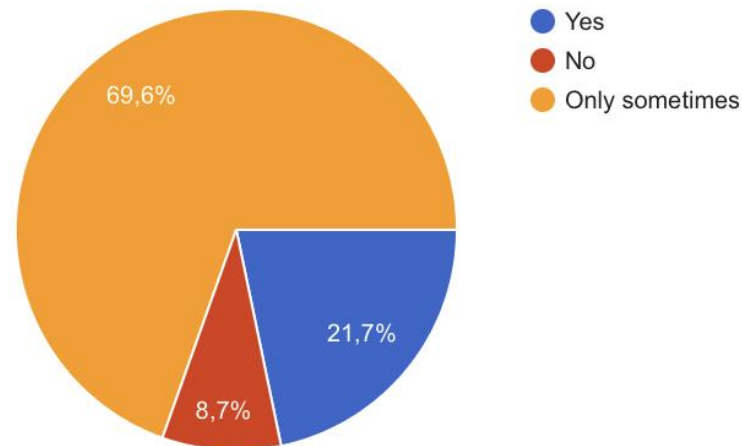
Do you practice Journaling or take notes of your daily experiences?

23 respuestas



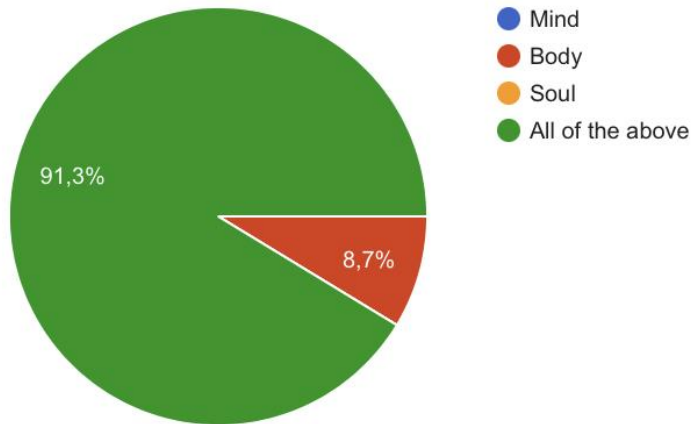
When choosing your meals, do you opt for the healthier options?

23 respuestas



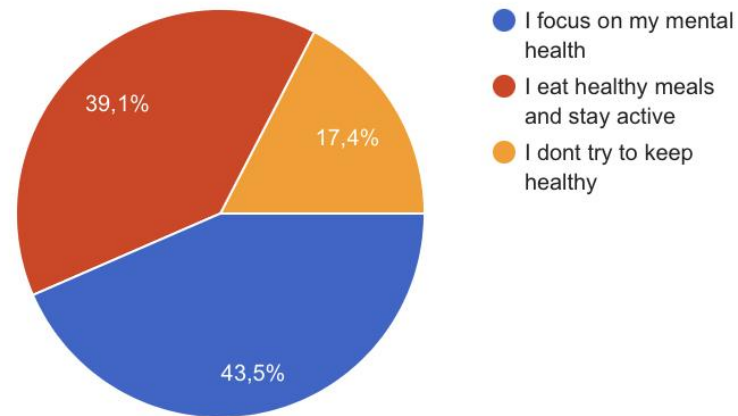
What aspects do you think improve once you implement healthy habits in your life?

23 respuestas



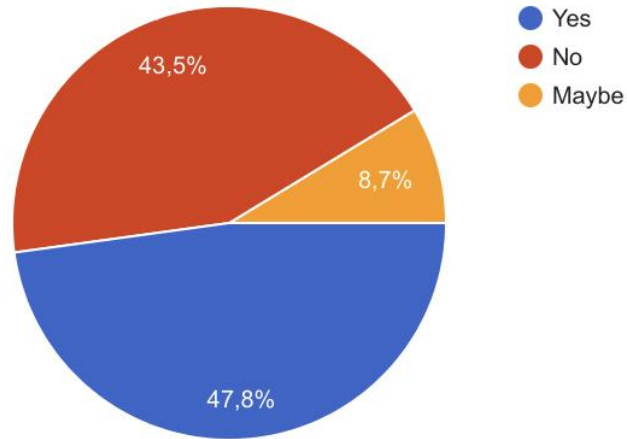
What do you do in order to keep yourself at optimum health?

23 respuestas



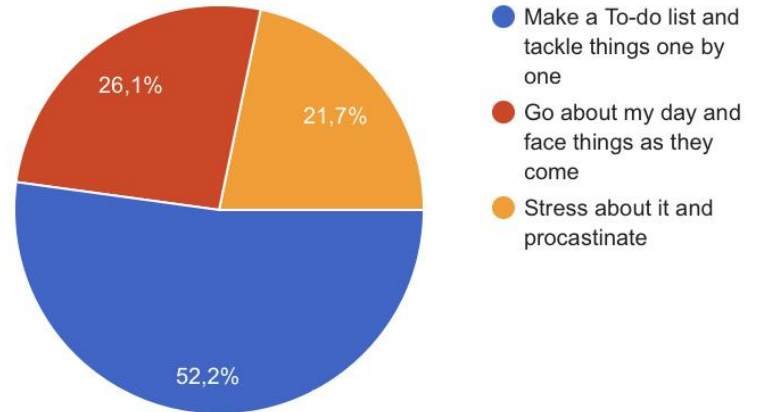
Did you know walking around 10,000 steps a day can help improve your overall wellness? (physical and mental)

23 respuestas



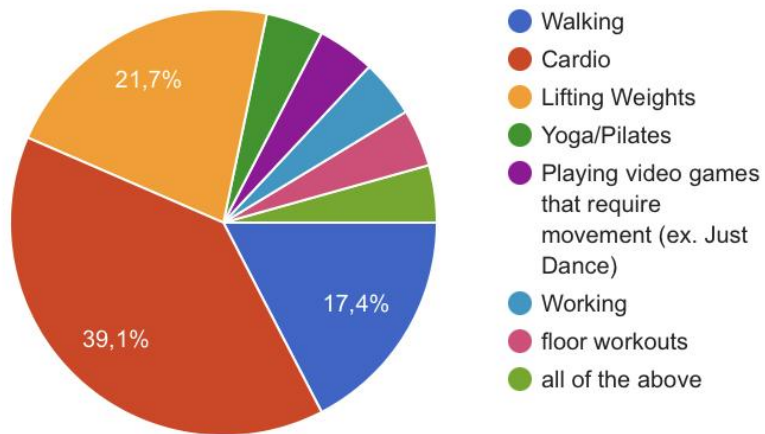
Lets say you have a very busy day and a lot of tasks to get done. Do you:

23 respuestas



## What's your preferred way of exercising?

23 respuestas



## What are some ways in which you cope with anxiety?

23 respuestas

