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[**Microsoft Word Performance Review Templates: 10 Great Templates You NEED to See!**](https://teamflect.com/blog/performance-management/microsoft-word-performance-review-template)

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| Employee Wellness Survey Template |
| **Name of the Employee:** |   | **Gender:****Age:****Department/Team:** |
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| We care about your well-being and want to ensure that our workplace supports your health and happiness. Please take a few moments to complete this survey. Your feedback will help us understand how we can better support you in your wellness journey. |
|
| **Questions** |
| **Q1:** On a scale of 1 to 5, how would you rate your overall physical health? |
|
| **Answer** |
| Lorem ipsum |
| **Q2:** On a scale of 1 to 5, how would you rate your overall mental health? |
|
| **Answer** |
| Lorem ipsum |
| **Q3:** Do you have access to healthy food options in the workplace (e.g., cafeteria, snacks)? |
|
| **Answer** |
| Lorem ipsum |
| **Q4:** Do you feel that you have a healthy work-life balance? |
|
| **Answer** |
| Lorem ipsum |
| **Q5:** How often do you engage in physical activity outside of work? |
|
| **Answer** |
| Lorem ipsum |
| **Q6:** Do you feel comfortable discussing mental health concerns with your supervisor or HR? |
|
| **Answer** |
| Lorem ipsum |
| **Q7:** Do you feel connected to your colleagues? |
|
| **Answer** |
| Lorem ipsum |
| **Q8:** How often do you participate in team-building activities or social events? |
|
| **Answer** |
| Lorem ipsum |
| **Additional Comments** |
|  |
|
|
|
| **EmployeeSignature** |    | **Date** |