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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. | | | | |
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| **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)? | | | | |
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| **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? | | | | |
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| **Answer** | | | | |
| Lorem ipsum | | | | |
| **Q6:** Do you feel comfortable discussing mental health concerns with your supervisor or HR? | | | | |
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| **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** | | | | |
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| **Employee Signature** | |  | | **Date** |