|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Subscales | Items | Never | Sometimes | Often | Routinely |
| Self-actualization | Enthusiastic/optimistic | 　 | 　 | 　 | 　 |
| Growing/changing | 　 | 　 | 　 | 　 |
| Like myself | 　 | 　 | 　 | 　 |
| Know what is important | 　 | 　 | 　 | 　 |
| Aware of stress source  | 　 | 　 | 　 | 　 |
| Feel happy/content | 　 | 　 | 　 | 　 |
| Aware of strength/weakness | 　 | 　 | 　 | 　 |
| Respect accomplishment | 　 | 　 | 　 | 　 |
| Discuss concerns/problems | 　 | 　 | 　 | 　 |
| Health responsibility/physical activity | Attend supervised programs | 　 | 　 | 　 | 　 |
| Attend health care programs | 　 | 　 | 　 | 　 |
| Check blood pressure at fixed time and aware of the blood pressure |  |  |  |  |
| Recreational activities |  |  |  |  |
| Vigorous exercise at least 3 times a week | 　 | 　 | 　 | 　 |
| Discuss health concerns with health professionals | 　 | 　 | 　 | 　 |
| Do stretching exercise at least 3 times/week  | 　 | 　 | 　 | 　 |
| Check pulse rate | 　 | 　 | 　 | 　 |
| Regular blood test and know the test results | 　 | 　 | 　 | 　 |
| Observe for body change | 　 | 　 | 　 | 　 |
| Read books about health  | 　 | 　 | 　 | 　 |
| Nutrition | time and quantity of three meals a day were normal | 　 | 　 | 　 | 　 |
| Eat breakfast daily | 　 | 　 | 　 | 　 |
| Eat food containing 5 groups of nutrients daily | 　 | 　 | 　 | 　 |
| Eat roughage/fiber | 　 | 　 | 　 | 　 |
| Job safety | Pay attention to radiation protection when working | 　 | 　 | 　 | 　 |
| obey the traffic rules | 　 | 　 | 　 | 　 |
| Protect skin from sunlight | 　 | 　 | 　 | 　 |
| Express feelings in a constructive way | 　 | 　 | 　 | 　 |
| Do not wear overalls home or dormitory after work | 　 | 　 | 　 | 　 |
| wash hands or wear gloves at work to avoid contacting with infectious substances | 　 | 　 | 　 | 　 |
| Pay attention to correct posture when working | 　 | 　 | 　 | 　 |
| Interpersonal support | Arrange time with close friend  | 　 | 　 | 　 | 　 |
| Keep in touch with people I care about | 　 | 　 | 　 | 　 |
| Arrange vocations or traveling for relaxation | 　 | 　 | 　 | 　 |
| Enjoy touching with close friends | 　 | 　 | 　 | 　 |
| Maintain meaningful internal relationships | 　 | 　 | 　 | 　 |
| Bedtime for 6-8 hours daily | 　 | 　 | 　 | 　 |
| Daily relaxation time | 　 | 　 | 　 | 　 |