

Workplace Wellness Program Survey

Name (optional)

Email (optional)

Department

How aware are you of our current workplace wellness programs?

☐ Very aware ☐ Somewhat aware ☐ Not aware

How often do you participate in wellness activities offered?

☐ Regularly ☐ Occasionally ☐ Never

What types of wellness activities are most valuable to you? (Select all that apply)

☐ Fitness Programs ☐ Nutrition Counseling ☐ Mental Health Support ☐ Workshops/Seminars
☐ Other

How do you typically find out about wellness programs at work?

☐ Email ☐ Company Newsletter ☐ Word of Mouth ☐ Posters/Signage ☐ Other

What suggestions do you have for improving workplace wellness programs?

Any additional comments?