

Consolidated Wellness Gauge Report

For All Organizations, Report printed on 23 November, 2020 08:16 PM

About This Report

This report is a discussion tool for leaders interested in the wellness of the church community. The goal is to answer one simple question: "How does my community feel about their physical, emotional, spiritual wellness, and work-life balance issues."

For the answer we calculate the average input provided by your community members through the personal Wellness Gauge assessment you provided them.

This report uses the (% Gap) which reflects how the group average input is better or below benchmark data collected from people we believe excel in each of the 4 wellness categories.

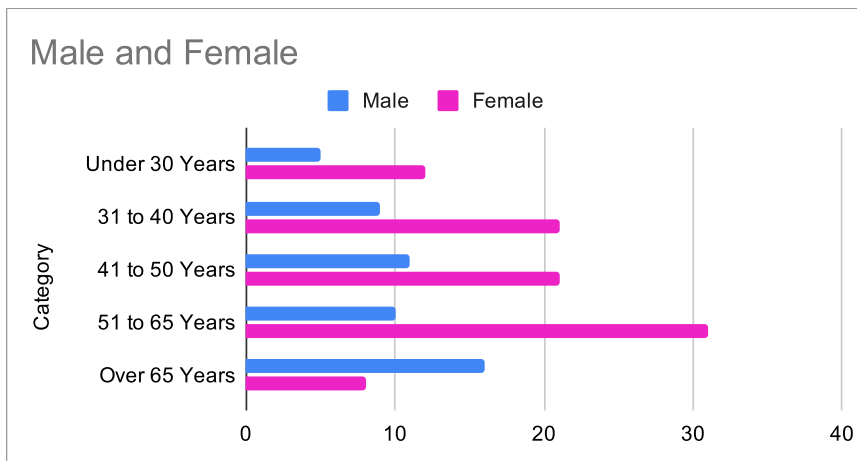
Report Content:

Page 1 is a graphical summary in two bar graphs supported by details in the following pages.

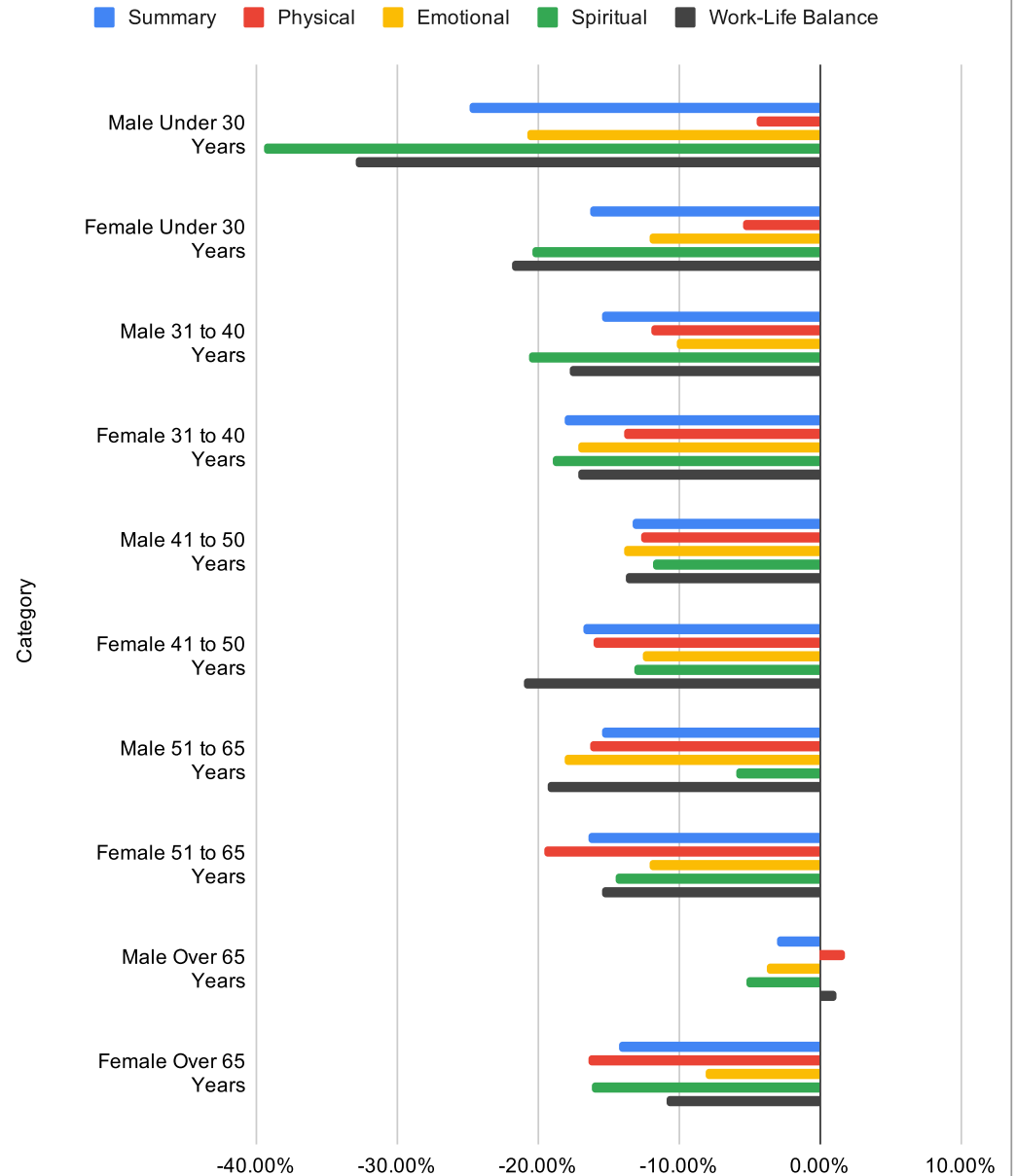
Page 2 provides a table summarizing the % Gap by gender and by age bracket in each wellness category.

Page 3 details the % Gap for all respondents for each of the 24 wellness gauge statements.

Pages 4 and 5 provide the same data as page3, segregated by gender.



Summary, Physical, Emotional, Spiritual and Work-Life Balance



% Gap by Gender and by Age Bracket in Each of the Four Wellness Categories

LEGEND

Gap%	Notes
>0%	Good condition, keep it up
-10% to 0%	Have room for improvement
-25% to -10%	Needs Attention
<-25%	Warning

Category	Total Input Count	Summary	Physical Gap%	Wellness Gap%	Spiritual Gap%	Work-Life Balance Gap%
All	0	-15.0%	-12.7%	-12.5%	-14.9%	-15.8%
Under 30 Years	17	-18.8%	-5.2%	-14.6%	-26.0%	-25.1%
31 to 40 Years	30	-17.3%	-13.3%	-15.1%	-19.4%	-17.3%
41 to 50 Years	32	-15.6%	-14.9%	-13.0%	-12.7%	-18.5%
51 to 65 Years	41	-16.1%	-18.7%	-13.5%	-12.4%	-16.4%
Over 65 Years	24	-6.7%	-4.3%	-5.2%	-8.8%	-2.8%
Male	51	-12.0%	-7.9%	-11.5%	-12.8%	-12.7%
Female	93	-16.7%	-15.4%	-13.0%	-16.1%	-17.5%
Male Under 30 Years	5	-24.8%	-4.5%	-20.7%	-39.5%	-33.0%
Male 31 to 40 Years	9	-15.4%	-12.0%	-10.2%	-20.6%	-17.7%
Male 41 to 50 Years	11	-13.2%	-12.7%	-13.9%	-11.8%	-13.7%
Male 51 to 65 Years	10	-15.4%	-16.3%	-18.0%	-5.9%	-19.2%
Male Over 65 Years	16	-3.0%	1.8%	-3.8%	-5.2%	1.2%
Female Under 30 Years	12	-16.2%	-5.4%	-12.1%	-20.4%	-21.8%
Female 31 to 40 Years	21	-18.1%	-13.9%	-17.2%	-18.9%	-17.1%
Female 41 to 50 Years	21	-16.8%	-16.0%	-12.6%	-13.2%	-21.0%
Female 51 to 65 Years	31	-16.4%	-19.5%	-12.1%	-14.4%	-15.5%
Female Over 65 Years	8	-14.2%	-16.4%	-8.1%	-16.1%	-10.8%

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This page compares the average input by age group to benchmark data (BM) we collected from people who, in our opinion excel in each category. The highlighted (Gap%) reflect how the group average input is better or below the BM.

The Legend and the notes will help you understand the highlights of the data.

LEGEND

Gap%	Notes
>0%	Good condition, keep it up
-10% to 0%	Have room for improvement
-25% to -10%	Needs Attention
<-25%	Warning

SURVEY STATEMENT	BM	ALL		Under 30 Years		31 to 40 Years		41 to 50 Years		51 to 65 Years		Over 65 Years	
		Input	Gap%	Input	Gap%	Input	Gap%	Input	Gap%	Input	Gap%	Input	Gap%
Number of input collected	n/a	144	144	17	17	30	30	32	32	41	41	24	24
1. I spend at least 150 minutes a week in physical activities.	3.91	3.31	-15.3%	3.94	0.8%	3.27	-16.5%	3.00	-23.3%	3.29	-15.8%	3.38	-13.7%
2. I regularly sleep 7-8 hours a day and awaken refreshed.	3.09	3.24	4.3%	3.59	15.4%	3.13	0.8%	3.13	0.5%	2.78	-10.6%	4.08	31.3%
3. I eat 7 servings of fresh fruits/vegetables daily and avoid sugar/sweetener.	3.09	3.01	-2.7%	2.76	-10.5%	3.00	-2.9%	2.94	-4.9%	2.88	-6.9%	3.50	13.3%
4. I am very happy with my weight, appearance and fitness.	3.82	2.90	-24.2%	3.00	-21.5%	2.83	-25.8%	3.16	-17.4%	2.66	-30.4%	2.96	-22.6%
5. My joints are flexible, my posture and balance are good.	3.64	3.08	-15.5%	3.59	-1.4%	3.20	-12.1%	2.94	-19.3%	2.85	-21.6%	3.13	-14.1%
6. I can do more than 40 push-ups in one session.	3.82	2.08	-45.6%	2.88	-24.5%	2.13	-44.2%	2.13	-44.4%	1.71	-55.3%	2.00	-47.6%
AVERAGE Physical Wellness	3.56	3.11	-12.7%	3.38	-5.2%	3.09	-13.3%	3.03	-14.9%	2.89	-18.7%	3.41	-4.3%
7. I love myself and feel loved by others.	4.17	3.95	-5.2%	4.00	-4.1%	3.93	-5.7%	3.91	-6.3%	3.88	-7.0%	4.13	-1.1%
8. Usually, I am cheerful/joyful and laugh easily.	4.17	3.75	-10.1%	3.82	-8.3%	3.60	-13.7%	3.75	-10.1%	3.76	-9.9%	3.88	-7.1%
9. I am feeling peaceful, thankful and hopeful.	4.17	3.85	-7.7%	3.47	-16.8%	3.67	-12.1%	3.91	-6.3%	3.83	-8.2%	4.29	2.9%
10. I have good family relationships and close friends that I can count on.	4.83	4.07	-15.7%	4.00	-17.2%	4.23	-12.4%	3.91	-19.1%	4.00	-17.2%	4.25	-12.0%
11. I feel confident and useful.	4.33	3.83	-11.6%	3.71	-14.4%	3.70	-14.5%	3.84	-11.2%	3.78	-12.7%	4.13	-4.7%
12. At this season in my life, I am in my best possible emotional condition.	4.33	3.29	-24.0%	3.18	-26.6%	2.93	-32.3%	3.28	-24.2%	3.22	-25.6%	3.96	-8.6%
AVERAGE Emotional Wellness	4.33	3.79	-12.5%	3.70	-14.6%	3.68	-15.1%	3.77	-13.0%	3.74	-13.5%	4.10	-5.2%
13. I have a deep sense of meaning and life purpose.	4.47	3.99	-10.8%	3.76	-15.8%	3.77	-15.7%	4.09	-8.4%	3.90	-12.7%	4.42	-1.2%
14. I spend at least 12 minutes a day in meditation and prayer.	4.59	3.65	-20.4%	3.00	-34.6%	3.47	-24.5%	3.56	-22.4%	3.85	-16.0%	4.13	-10.1%
15. I participate happily in weekly gatherings with my faith community.	4.59	3.74	-18.6%	3.12	-32.1%	3.20	-30.3%	4.06	-11.5%	4.05	-11.8%	3.88	-15.6%
16. I prioritize God and others as I spend and invest my money, time and talents.	4.35	3.72	-14.6%	3.00	-31.0%	3.57	-18.0%	3.91	-10.2%	3.73	-14.2%	4.13	-5.2%
17. When I die, I know I will go to heaven.	4.76	4.32	-9.3%	3.88	-18.4%	4.30	-9.7%	4.41	-7.4%	4.46	-6.2%	4.29	-9.8%
18. I experience love, joy and peace in an intimate relationship with God.	4.65	3.92	-15.8%	3.53	-24.1%	3.80	-18.3%	3.91	-16.0%	4.02	-13.5%	4.17	-10.4%
AVERAGE Spiritual Wellness	4.57	3.89	-14.9%	3.38	-26.0%	3.68	-19.4%	3.99	-12.7%	4.00	-12.4%	4.17	-8.8%
19. I love my work and enjoy my responsibilities.	4.5	3.70	-17.7%	3.41	-24.2%	3.57	-20.7%	3.56	-20.8%	3.63	-19.2%	4.38	-2.8%
20. I am appreciated by my leaders and others.	4.36	3.72	-14.6%	3.76	-13.7%	3.97	-9.0%	3.38	-22.6%	3.68	-15.5%	3.92	-10.2%
21. I am well compensated for the work I do.	4	3.60	-9.9%	3.06	-23.5%	3.70	-7.5%	3.47	-13.3%	3.56	-11.0%	4.13	3.1%
22. I have a good long term financial plan.	4.29	3.38	-21.2%	2.53	-41.0%	3.43	-20.0%	3.09	-27.9%	3.49	-18.7%	4.13	-3.8%
23. I have the work-life balance I desire for myself and family.	3.79	3.24	-14.4%	2.76	-27.1%	3.03	-20.0%	3.19	-15.9%	3.27	-13.8%	3.88	2.2%
24. Compared to others in my community, I am very content.	4.43	3.72	-16.1%	3.47	-21.7%	3.30	-25.5%	4.00	-9.7%	3.59	-19.1%	4.25	-4.1%
AVERAGE Work Life Balance	4.23	3.56	-15.8%	3.17	-25.1%	3.50	-17.3%	3.45	-18.5%	3.54	-16.4%	4.11	-2.8%
SUMMARY OF ALL CATEGORIES ABOVE	4.17	3.54	-15.0%	3.39	-18.8%	3.45	-17.3%	3.52	-15.6%	3.50	-16.1%	3.89	-6.7%

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LEGEND

Gap%	Notes
>0%	Good condition, keep it up
-10% to 0%	Have room for improvement
-25% to -10%	Needs Attention
<-25%	Warning

SURVEY STATEMENT	BM	MALE ONLY													
		ALL MALE		Under 30 Years		31 to 40 Years		41 to 50 Years		51 to 65 Years		Over 65 Years			
		Input	Gap%	Input	Gap%	Input	Gap%	Input	Gap%	Input	Gap%	Input	Gap%		
		Number of input collected	n/a	51	51	5	5	9	9	11	11	10	10	16	16
1. I spend at least 150 minutes a week in physical activities.	3.91	3.63	-7.2%	4.20	7.4%	3.67	-6.2%	3.36	-14.0%	3.50	-10.5%	3.69	-5.7%		
2. I regularly sleep 7-8 hours a day and awaken refreshed.	3.09	3.75	20.4%	3.40	9.3%	4.00	28.6%	3.18	2.3%	3.30	6.1%	4.38	40.7%		
3. I eat 7 servings of fresh fruits/vegetables daily and avoid sugar/sweetener.	3.09	2.94	-4.8%	2.40	-22.3%	2.22	-28.1%	3.00	-2.9%	2.60	-15.9%	3.69	19.3%		
4. I am very happy with my weight, appearance and fitness.	3.82	2.96	-22.5%	3.20	-16.2%	2.44	-36.0%	3.18	-16.7%	2.80	-26.7%	3.13	-18.2%		
5. My joints are flexible, my posture and balance are good.	3.64	3.12	-14.4%	3.80	4.4%	3.33	-8.4%	2.82	-22.6%	2.70	-25.8%	3.25	-10.7%		
6. I can do more than 40 push-ups in one session.	3.82	2.65	-30.7%	4.00	4.7%	3.00	-21.5%	2.82	-26.2%	2.10	-45.0%	2.25	-41.1%		
AVERAGE Physical Wellness	3.56	3.28	-7.9%	3.40	-4.5%	3.13	-12.0%	3.11	-12.7%	2.98	-16.3%	3.63	1.8%		
7. I love myself and feel loved by others.	4.17	4.02	-3.6%	3.60	-13.7%	4.11	-1.4%	4.00	-4.1%	3.70	-11.3%	4.31	3.4%		
8. Usually, I am cheerful/joyful and laugh easily.	4.17	3.73	-10.7%	4.20	0.7%	3.78	-9.4%	3.55	-15.0%	3.40	-18.5%	3.88	-7.1%		
9. I am feeling peaceful, thankful and hopeful.	4.17	3.84	-7.8%	3.00	-28.1%	3.89	-6.7%	3.73	-10.6%	3.60	-13.7%	4.31	3.4%		
10. I have good family relationships and close friends that I can count on.	4.83	3.98	-17.6%	3.60	-25.5%	4.11	-14.9%	4.00	-17.2%	3.70	-23.4%	4.19	-13.3%		
11. I feel confident and useful.	4.33	3.96	-8.5%	3.40	-21.5%	3.89	-10.2%	4.09	-5.5%	3.70	-14.5%	4.25	-1.8%		
12. At this season in my life, I am in my best possible emotional condition.	4.33	3.45	-20.3%	2.80	-35.3%	3.56	-17.9%	3.00	-30.7%	3.20	-26.1%	4.06	-6.2%		
AVERAGE Emotional Wellness	4.33	3.83	-11.5%	3.43	-20.7%	3.89	-10.2%	3.73	-13.9%	3.55	-18.0%	4.17	-3.8%		
13. I have a deep sense of meaning and life purpose.	4.47	4.12	-7.9%	3.00	-32.9%	3.67	-18.0%	4.27	-4.4%	4.00	-10.5%	4.69	4.9%		
14. I spend at least 12 minutes a day in meditation and prayer.	4.59	3.71	-19.3%	2.00	-56.4%	3.89	-15.3%	3.18	-30.7%	4.30	-6.3%	4.13	-10.1%		
15. I participate happily in weekly gatherings with my faith community.	4.59	3.96	-13.7%	2.80	-39.0%	3.33	-27.4%	4.55	-1.0%	4.40	-4.1%	4.00	-12.9%		
16. I prioritize God and others as I spend and invest my money, time and talents.	4.35	3.86	-11.2%	2.40	-44.8%	3.56	-18.3%	3.82	-12.2%	4.10	-5.7%	4.38	0.6%		
17. When I die, I know I will go to heaven.	4.76	4.43	-6.9%	3.40	-28.6%	4.11	-13.6%	4.64	-2.6%	4.90	2.9%	4.50	-5.5%		
18. I experience love, joy and peace in an intimate relationship with God.	4.65	3.82	-17.8%	3.00	-35.5%	3.22	-30.7%	3.73	-19.8%	4.10	-11.8%	4.31	-7.3%		
AVERAGE Spiritual Wellness	4.57	3.98	-12.8%	2.77	-39.5%	3.63	-20.6%	4.03	-11.8%	4.30	-5.9%	4.33	-5.2%		
19. I love my work and enjoy my responsibilities.	4.5	3.86	-14.2%	2.60	-42.2%	3.56	-21.0%	3.91	-13.1%	3.50	-22.2%	4.63	2.8%		
20. I am appreciated by my leaders and others.	4.36	3.76	-13.7%	3.20	-26.6%	3.67	-15.9%	3.55	-18.7%	3.70	-15.1%	4.19	-4.0%		
21. I am well compensated for the work I do.	4	3.78	-5.4%	3.00	-25.0%	3.89	-2.8%	3.64	-9.1%	3.40	-15.0%	4.31	7.8%		
22. I have a good long term financial plan.	4.29	3.43	-20.0%	2.40	-44.1%	3.22	-24.9%	3.36	-21.6%	2.80	-34.7%	4.31	0.5%		
23. I have the work-life balance I desire for myself and family.	3.79	3.47	-8.4%	2.60	-31.4%	3.11	-17.9%	3.55	-6.5%	3.40	-10.3%	3.94	3.9%		
24. Compared to others in my community, I am very content.	4.43	3.84	-13.2%	3.20	-27.8%	3.44	-22.2%	3.91	-11.8%	3.70	-16.5%	4.31	-2.7%		
AVERAGE Work Life Balance	4.23	3.69	-12.7%	2.84	-33.0%	3.48	-17.7%	3.65	-13.7%	3.42	-19.2%	4.28	1.2%		
SUMMARY OF ALL CATEGORIES ABOVE	4.17	3.67	-12.0%	3.13	-24.8%	3.53	-15.4%	3.62	-13.2%	3.53	-15.4%	4.04	-3.0%		

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SURVEY STATEMENT	BM	FEMALE ONLY											
		ALL FEMALE		Under 30 Years		31 to 40 Years		41 to 50 Years		51 to 65 Years		Over 65 Years	
		Input	Gap%	Input	Gap%	Input	Gap%	Input	Gap%	Input	Gap%	Input	Gap%
Number of input collected	n/a	93	93	12	12	21	21	21	21	31	31	8	8
1. I spend at least 150 minutes a week in physical activities.	3.91	3.14	-19.7%	3.83	-2.0%	3.10	-20.8%	2.81	-28.1%	3.23	-17.5%	2.75	-29.7%
2. I regularly sleep 7-8 hours a day and awaken refreshed.	3.09	2.97	-4.6%	3.67	17.9%	2.76	-11.2%	3.10	-0.5%	2.61	-16.0%	3.50	12.5%
3. I eat 7 servings of fresh fruits/vegetables daily and avoid sugar/sweetener.	3.09	3.04	-1.5%	2.92	-5.6%	3.33	7.9%	2.90	-6.0%	2.97	-4.0%	3.13	1.1%
4. I am very happy with my weight, appearance and fitness.	3.82	2.86	-25.1%	2.92	-23.6%	3.00	-21.5%	3.14	-17.7%	2.61	-31.6%	2.63	-31.3%
5. My joints are flexible, my posture and balance are good.	3.64	3.05	-16.1%	3.50	-3.8%	3.14	-13.7%	3.00	-17.6%	2.90	-20.2%	2.88	-21.0%
6. I can do more than 40 push-ups in one session.	3.82	1.76	-53.8%	2.42	-36.7%	1.76	-53.9%	1.76	-53.9%	1.58	-58.6%	1.50	-60.7%
AVERAGE Physical Wellness	3.56	3.01	-15.4%	3.37	-5.4%	3.07	-13.9%	2.99	-16.0%	2.86	-19.5%	2.98	-16.4%
7. I love myself and feel loved by others.	4.17	3.91	-6.1%	4.17	-0.1%	3.86	-7.5%	3.86	-7.5%	3.94	-5.6%	3.75	-10.1%
8. Usually, I am cheerful/joyful and laugh easily.	4.17	3.76	-9.7%	3.67	-12.1%	3.52	-15.5%	3.86	-7.5%	3.87	-7.2%	3.88	-7.1%
9. I am feeling peaceful, thankful and hopeful.	4.17	3.85	-7.7%	3.67	-12.1%	3.57	-14.4%	4.00	-4.1%	3.90	-6.4%	4.25	1.9%
10. I have good family relationships and close friends that I can count on.	4.83	4.12	-14.7%	4.17	-13.7%	4.29	-11.3%	3.86	-20.1%	4.10	-15.2%	4.38	-9.4%
11. I feel confident and useful.	4.33	3.75	-13.3%	3.83	-11.5%	3.62	-16.4%	3.71	-14.2%	3.81	-12.1%	3.88	-10.5%
12. At this season in my life, I am in my best possible emotional condition.	4.33	3.20	-26.0%	3.33	-23.0%	2.67	-38.4%	3.43	-20.8%	3.23	-25.5%	3.75	-13.4%
AVERAGE Emotional Wellness	4.33	3.77	-13.0%	3.81	-12.1%	3.59	-17.2%	3.79	-12.6%	3.81	-12.1%	3.98	-8.1%
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16. I prioritize God and others as I spend and invest my money, time and talents.	4.35	3.63	-16.5%	3.25	-25.3%	3.57	-17.9%	3.95	-9.1%	3.61	-16.9%	3.63	-16.7%
17. When I die, I know I will go to heaven.	4.76	4.26	-10.5%	4.08	-14.2%	4.38	-8.0%	4.29	-10.0%	4.32	-9.2%	3.88	-18.6%
18. I experience love, joy and peace in an intimate relationship with God.	4.65	3.97	-14.7%	3.75	-19.4%	4.05	-13.0%	4.00	-14.0%	4.00	-14.0%	3.88	-16.7%
AVERAGE Spiritual Wellness	4.57	3.84	-16.1%	3.64	-20.4%	3.71	-18.9%	3.97	-13.2%	3.91	-14.4%	3.83	-16.1%
19. I love my work and enjoy my responsibilities.	4.5	3.61	-19.7%	3.75	-16.7%	3.57	-20.6%	3.38	-24.9%	3.68	-18.3%	3.88	-13.9%
20. I am appreciated by my leaders and others.	4.36	3.70	-15.2%	4.00	-8.3%	4.10	-6.1%	3.29	-24.6%	3.68	-15.7%	3.38	-22.6%
21. I am well compensated for the work I do.	4	3.51	-12.4%	3.08	-22.9%	3.62	-9.5%	3.38	-15.5%	3.61	-9.7%	3.75	-6.3%
22. I have a good long term financial plan.	4.29	3.35	-21.8%	2.58	-39.8%	3.52	-17.9%	2.95	-31.2%	3.71	-13.5%	3.75	-12.6%
23. I have the work-life balance I desire for myself and family.	3.79	3.12	-17.7%	2.83	-25.2%	3.00	-20.8%	3.00	-20.8%	3.23	-14.9%	3.75	-1.1%
24. Compared to others in my community, I am very content.	4.43	3.65	-17.7%	3.58	-19.1%	3.24	-26.9%	4.05	-8.6%	3.55	-19.9%	4.13	-6.9%
AVERAGE Work Life Balance	4.23	3.49	-17.5%	3.31	-21.8%	3.51	-17.1%	3.34	-21.0%	3.58	-15.5%	3.77	-10.8%
SUMMARY OF ALL CATEGORIES ABOVE	4.17	3.48	-16.7%	3.49	-16.2%	3.41	-18.1%	3.47	-16.8%	3.49	-16.4%	3.58	-14.2%