

Cognit Electronic Health Record

User Id: 10033

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Date Time: 11/6/2020@13:48:28

Quiz Title: 3.6.2 Wellness Strategies=Quiz

Quiz Total: 19

For each statement below, please indicate your agreement or disagreement

User Answer (1=Strongly disagree, 2=Disagree, 3=Uncertain, 4=Agree, 5=Strongly agree)	
Wellness is your responsibility.	Strongly agree (5)
You will continue to expand and refine your wellness strategy.	Agree (4)
You will follow your wellness strategy.	Agree (4)
You found this session useful.	Strongly agree (5)
Total Score	18

OPTIONAL: Please provide your comments about this session.

User Answer
The really helps me reduce my negative unproductive thinking.
Total Score: 1