





## GUAD SQUAD CHECK-IN

Hi there. I would love to just see how you are doing and what you have been up to, so please take a few minutes to fill out this survey.

 klipywitz@gmail.com (not shared) [Switch account](#)



\* Required

First & Last Name \*

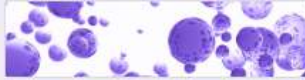
Your answer

Which word best describes how you have been feeling this week? \*

- Happy
- Content/Peaceful
- Anxious/Overwhelmed
- Frustrated
- Other: \_\_\_\_\_

How are you feeling this week? Check all that apply \*

Happy



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[Feedback](#)

First & Last Name \*

Your answer

Which word best describes how you have been feeling this week? \*

- Happy
- Content/Pleased
- Anxious/Overwhelmed
- Frustrated
- Other: \_\_\_\_\_

How are you feeling this week? Check all that apply \*

- Happy
- Angry
- Sad
- Overwhelmed
- Frustrated
- Anxious
- Worried
- Other: \_\_\_\_\_

Activities that I have been enjoying are... (Check all that are true) \*

- Watching Netflix/YouTube/Instagram
- Hanging out with family/peaks I love with
- Talking to friends or social media
- Exercising
- Reading
- Playing video games
- Sleeping
- Drawing
- Other: \_\_\_\_\_

As a way to take care of my mental health, I have been... (Check all that are true) \*

- Writing/Journaling
- Talking with friends/family
- Exercising
- Avoiding stressors
- Going for walks
- Listening to music or playing music
- Drawing or creating something
- Playing games
- Other: \_\_\_\_\_

What is the best show, movie, or book you have watched lately? \*

Your answer

What is something you are grateful for right now? \*

Your answer

How did you feel about your assignments last week? \*

- 1 2 3 4 5
- Difficult to understand      Easy to understand

Is there anything I can help you with? \*

Your answer

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How are you feeling this week? Check all that apply \*

- Happy
- Angry
- Sad
- Confused
- Overwhelmed
- Excited
- Bored
- Other: \_\_\_\_\_

Activities that I have been enjoying are... (Check all that are true) \*

- Watching Netflix/Hulu/Amazon/Youtube
- Hanging out with family/people I live with
- Talking to friends on social media
- Exercising
- Reading
- Playing video games
- Sleeping
- Drawing
- Other
- Other: \_\_\_\_\_

As a way to take care of my mental health, I have been...(Check all that are true) \*

- Writing/Journaling
- Talking with friends/family
- Exercising
- Breathing/Mindfulness
- Going for walks
- Listening to music or playing music
- Drawing or creating something
- Playing games

As a way to take care of my mental health, I have been...(Check all that are true) \*

- Writing/Journaling
- Talking with friends/family
- Exercising
- Breathing/Mindfulness
- Going for walks
- Listening to music or playing music
- Drawing or creating something
- Playing games
- Other: \_\_\_\_\_

What is the best show, movie, or book you have watched lately? \*

Your answer \_\_\_\_\_

What is something you are grateful for right now. \*

Your answer \_\_\_\_\_

How did you feel about your assignments last week? \*

1 2 3 4 5  
Difficult to understand ○ ○ ○ ○ ○ Easy to understand

Is there anything I can help you with? \*

Your answer \_\_\_\_\_

Submit

Clear form

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