

## ON TRACK FOR SUCCESS INDEX (Stallman, 2013)

The following questions are about how your life is going in general.

Please rate the extent to which each of the following statements was true of you in the past four weeks.

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Not at all										Always
0	1	2	3	4	5	6	7	8	9	10

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1. I got at least 30 minutes of moderate exercise each day.
2. I ate 2 fruits each day.
3. I ate at least 3 vegetables each day.
4. I drank about 2 litres of water each day.
5. I got 7-9 hours' sleep each night.
6. I went to sleep easily and slept through the night.
7. I woke up in the morning feeling refreshed and energised.
8. I limited alcoholic drinks to no more than 2 standard drinks each day.
9. I brushed my teeth at least twice a day.
10. I used prescription medication only as indicated (or would have if I was taking medication).
11. I avoided taking drugs for non-medical reasons.
12. I practiced safe sex, unless trying to get pregnant (or would have if I was sexually active).
13. My home was adequate for my needs.
14. I felt safe as I went about my everyday activities.
15. My home was a place where I felt comfortable and relaxed.
16. I understood the importance of rules and limits.
17. I accepted and complied with reasonable rules and limits.
18. I was satisfied with my digital footprint.
19. I considered the future implications for me of comments and photos of myself that I posted online.
20. I refrained from aggressive, impulsive and high risk behaviours.
21. I felt safe in my relationships with others.
22. I had at least one person I could confide in.
23. I had at least one person I could call on in a crisis.
24. I had at least one person who really listens to me.
25. I had at least one person who really appreciates me.
26. I expressed my views, ideas and needs appropriately.
27. I requested assistance or help when needed.
28. I cooperated with reasonable requests from others.
29. I worked well with others (e.g. in my family, school/college/university, work, recreational activities).
30. I was aware of the feelings of others.
31. I was aware of how my actions affected others.
32. I expressed my feelings in ways that did not harm others.
33. I was able to effectively negotiate and compromise with others.
34. I regularly made time to spend with the people I love.
35. I felt part of my community.

36. I felt like I belonged at my university.
37. My university supported me towards my learning.
38. I regularly helped others.
39. Overall, I was satisfied with my relationships.
40. I regularly did activities that I enjoy.
41. I regularly did activities that give me a sense of achievement.
42. I had positive feelings about myself, even when things aren't going well.
43. I generally had positive feelings about others.
44. I set goals and completed tasks independently.
45. I took responsibility for my own actions.
46. I was interested in and curious about the world around me.
47. I considered alternative solutions to solve problems.
48. I worked hard to achieve my goals.
49. I was respected by others.
50. I confidently said "no" to unreasonable requests.
51. I coped with difficult or challenging situations without becoming overwhelmed.
52. I coped with disappointments without becoming overwhelmed.
53. I was present in each moment rather than ruminating about the past or worrying about the future.
54. I was optimistic about my future.
55. I was aware of my personal talents and interests.
56. My work/study/activities were consistent with my values and goals.
57. My work/study/activities mostly challenged me (rather than bored or overwhelmed me).
58. My work/study/activities were meaningful to me.

## **MEASURE NAME**

On Track for Success Index (OTFSI)

## **REFERENCES**

Stallman, H. M. (2013). On Track for Success Index (OTFSI). In H. M. Stallman, D. J. Kavanagh, & A. Ralph (Eds.), *thedesk* Available at <https://www.thedesk.org.au>. Brisbane: The University of Queensland.

## **SCORING**

OTFS Total score = sum of OTFS1-59

OTFSPhysiological = sum of OTFS1 – OTFS12

OTFSSecurity = sum of OTFS13 – OTFS21

OTFSBelonging= sum of OTFS22 – OTFS39

OTFSEsteem = sum of OTFS40 – OTFS52

OTFSActualisation = sum of OTFS53– OTFS58