

RECOVERY TRACKER



WellbeingTrackers.com

Name:

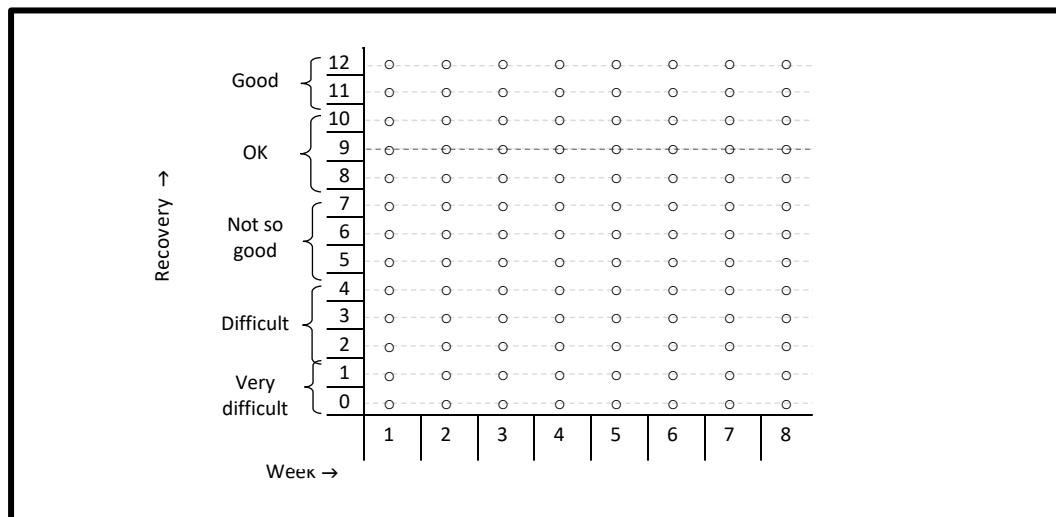
Start Date:

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress. Think back over the last week and mark the circle on the chart that best describes your experience.

How have things been in close relationships?					
Very difficult	Difficult	Not so good	OK	Good	
0	1	2	3	4	
4	○	○	○	○	○
3	○	○	○	○	○
2	○	○	○	○	○
1	○	○	○	○	○
0	○	○	○	○	○
	1	2	3	4	5
	6	7	8		

How have things been socially?																			
(e.g. at work/school/college, at social events, shopping, volunteering in your community, and in groups/clubs you attend.)																			
Very difficult	Difficult	Not so good	OK	Good	4	3	2	1	0	o	o	o	o	o	o	o	o	o	o
0	1	2	3	4	1	2	3	4	5	6	7	8							

How were your emotions and feelings?												
Very difficult	Difficult	Not so good	OK	Good								
					4	3	2	1	0			
0	1	2	3	4	1	2	3	4	5	6	7	8



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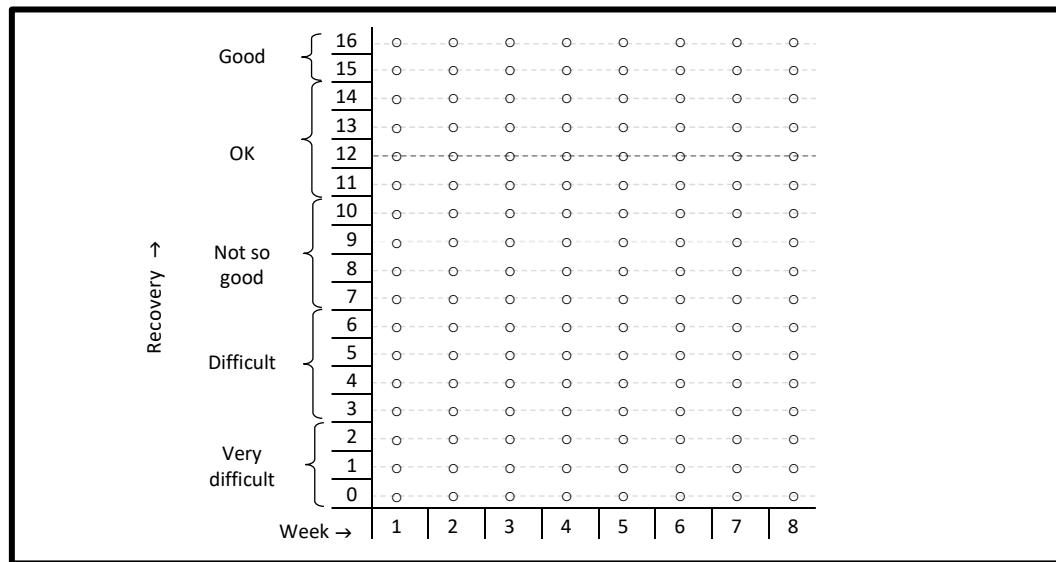
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Think back over the last week and mark the circle on the chart that best describes your experience.

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 (e.g. at work/school/college, at social events, shopping,
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					3	○	○	○	○	○	○	○
					2	○	○	○	○	○	○	○
					1	○	○	○	○	○	○	○
					0	○	○	○	○	○	○	○
						1	2	3	4	5	6	7



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RECOVERY TRACKER (DAILY VERSION)



WellbeingTrackers.com

Name:

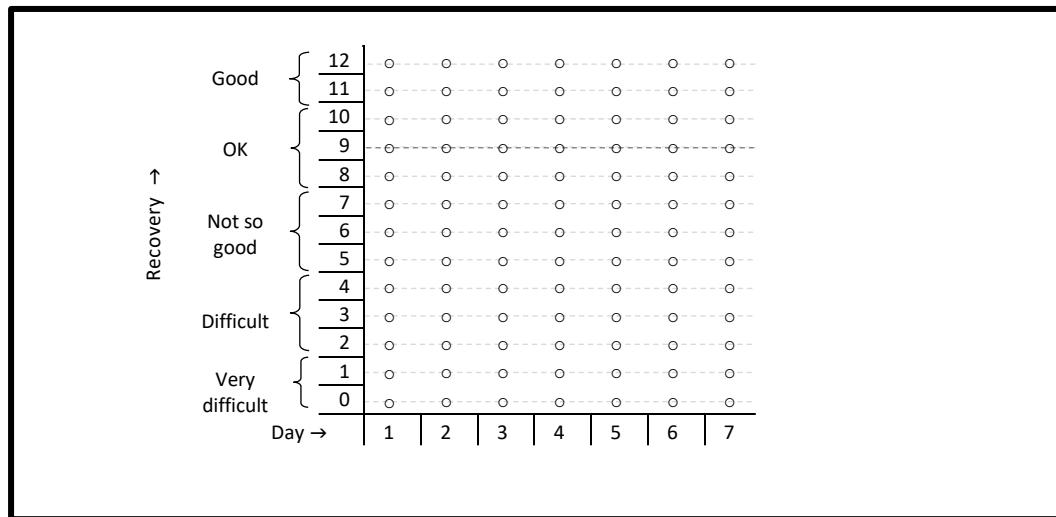
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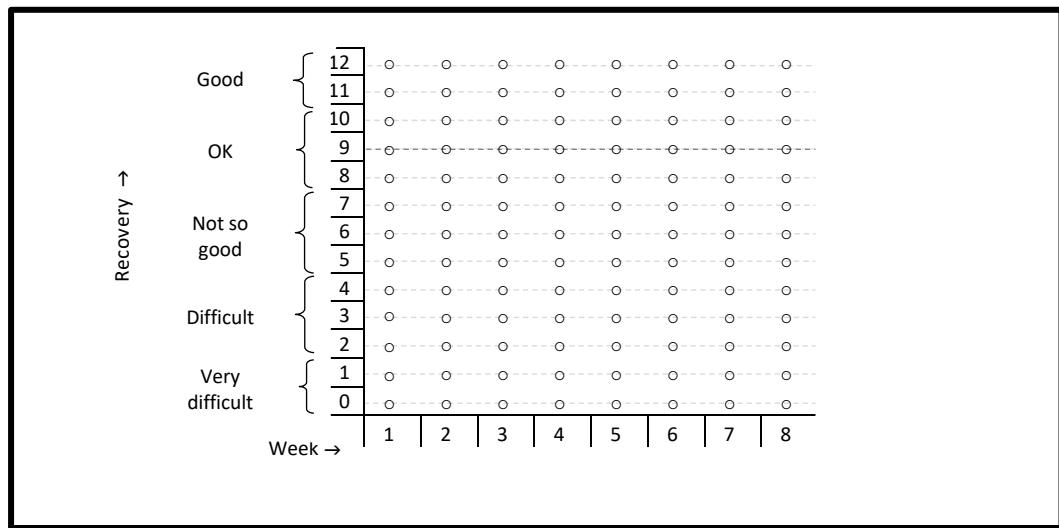
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Very difficult	Difficult	Not so good	OK	Good			
0	1	2	3	4			
0	1	2	3	4			
1	2	3	4	5	6	7	8

How were your emotions and feelings?							
Very difficult	Difficult	Not so good	OK	Good			
0	1	2	3	4			
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Start Date:

Think back over the last week and mark the circle on the chart that best describes your experience.

How well did you do at connecting with positive and supportive people?

Didn't connect with anyone	Not so good	OK	Good	Great	4	○ ○ ○ ○ ○ ○ ○ ○		
					3	○ ○ ○ ○ ○ ○ ○ ○		
0	1	2	3	4	5	6	7	8

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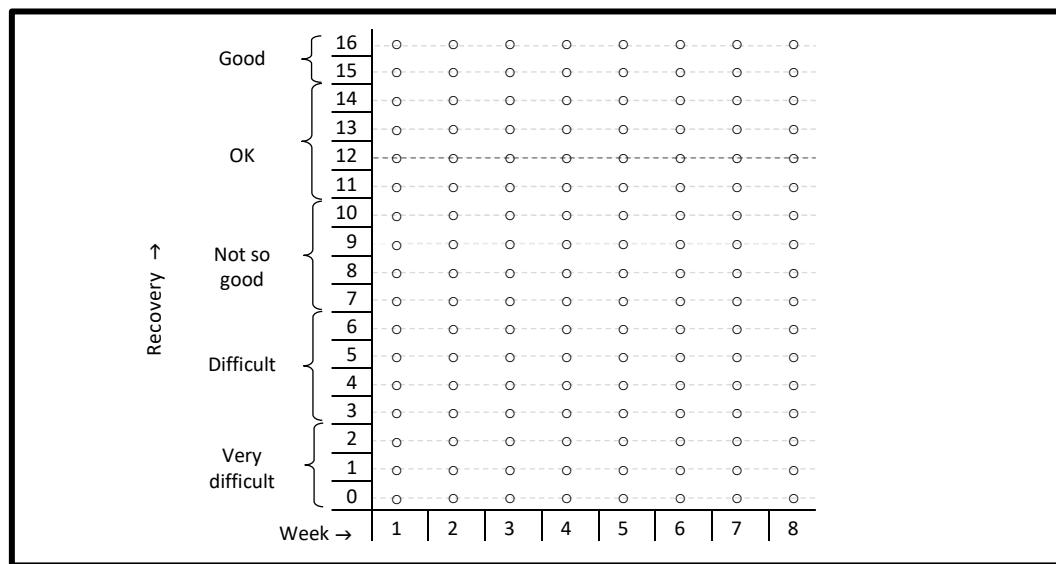
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					3	○ ○ ○ ○ ○ ○ ○ ○		
0	1	2	3	4	5	6	7	8

How were your emotions and feelings?

Very difficult	Difficult	Not so good	OK	Good	4	○ ○ ○ ○ ○ ○ ○ ○		
					3	○ ○ ○ ○ ○ ○ ○ ○		
0	1	2	3	4	5	6	7	8

Overall, how has your week been?

Very difficult	Difficult	Not so good	OK	Good	4	○ ○ ○ ○ ○ ○ ○ ○		
					3	○ ○ ○ ○ ○ ○ ○ ○		
0	1	2	3	4	5	6	7	8



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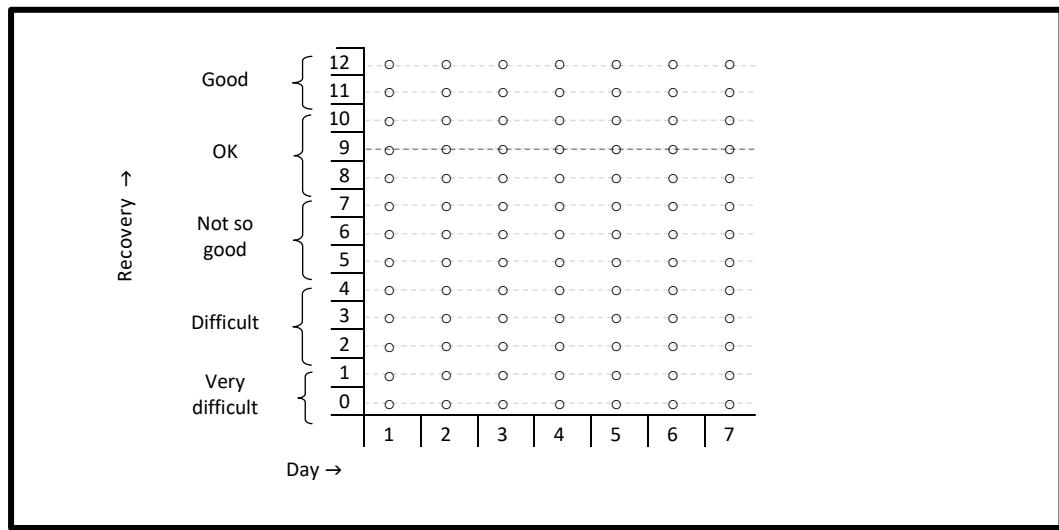
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Not so good	OK	Good	Great	4	<input type="radio"/>								
				3	<input type="radio"/>								
1	2	3	4	2	<input type="radio"/>								
				1	<input type="radio"/>								
0	<input type="radio"/>												
	1	2	3	4	5	6	7	8					

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RECOVERY TRACKER - PLUS 2



WellbeingTrackers.com

Name: _____

Start Date:

Think back over the last week and mark the circle on the chart that best describes your experience.

How well have you done at connecting with positive and supportive people?						
No one	Not so good	OK	Good	Great	4	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0	1	2	3	4	3	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
					2	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
					1	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
					0	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
					1	1 2 3 4 5 6 7 8

How have things been in close relationships?							
Very difficult	Difficult	Not so good	OK	Good	4	3	2
0	1	2	3	4	0	0	0
					1	2	3

How have things been socially?
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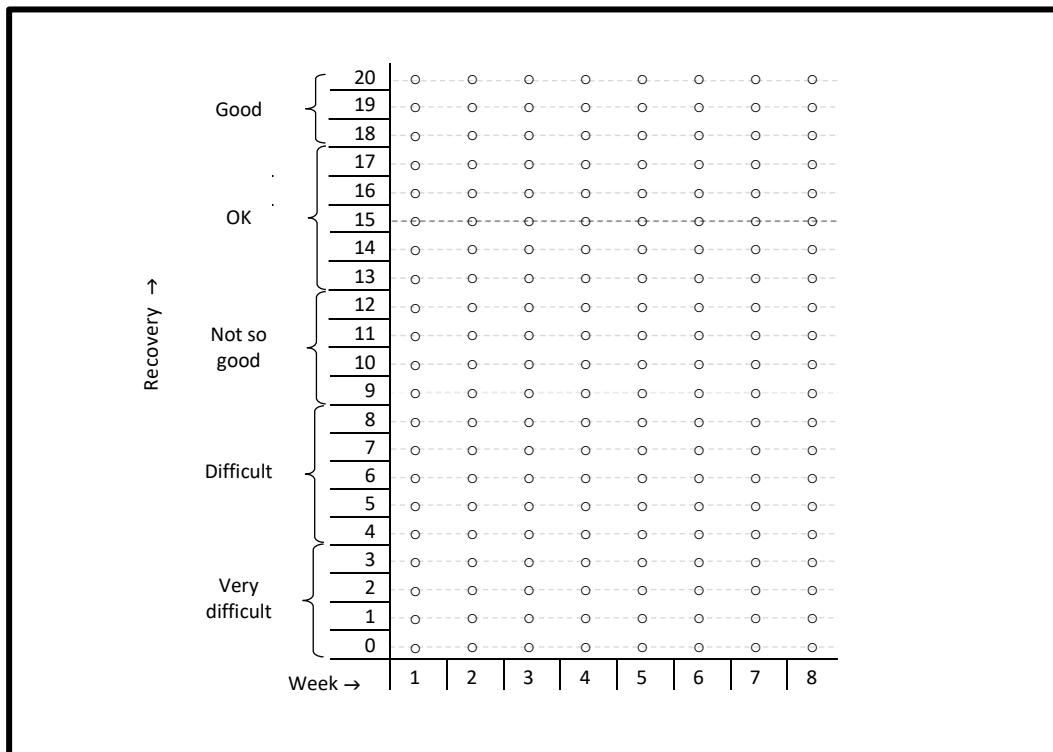
RECOVERY TRACKER (PLUS 2) CHART



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Name:

Start Date:



These tools are designed for personal insight and growth and are not suitable for professional diagnosis, guidance, or advice.

If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines.

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RECOVERY TRACKER – 2A



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Start Date:

Think back over the last week and mark the circle on the chart that best describes your experience.

How well have you done at connecting with positive and supportive people?								
No one	Not so good	OK	Good	Great				
					0	1	2	3

How have things been socially?
 (e.g. at work/school/college, at social events, shopping,
 volunteering in your community, and in groups/clubs you attend.)

How were your emotions and feelings?													
Very difficult	Difficult	Not so good	OK	Good	4	<input type="radio"/>							
					3	<input type="radio"/>							
0	1	2	3	4	2	<input type="radio"/>							
					1	<input type="radio"/>							
0	1	2	3	4	5	6	7	8					

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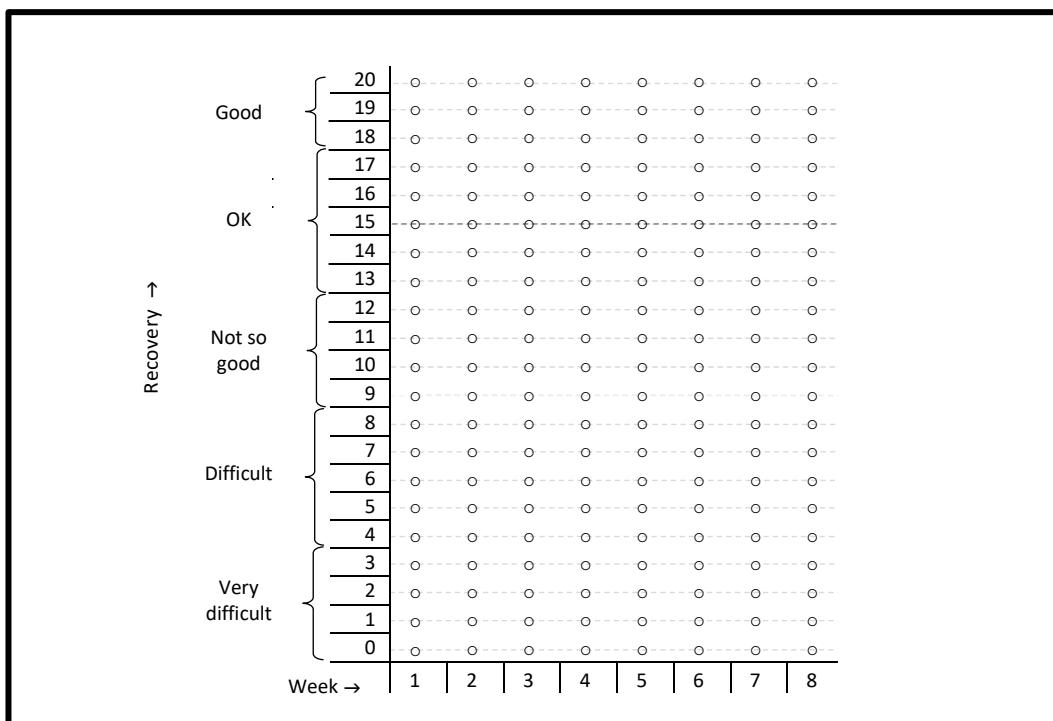
RECOVERY TRACKER CHART – 2A



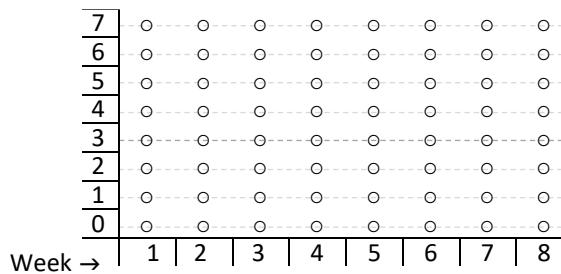
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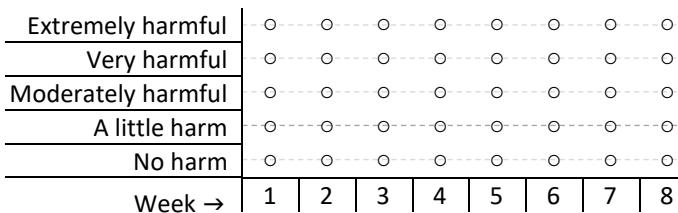
Start Date:



On how many days did you use over the last week?



How harmful was your use?



If you used over the past week and it caused moderate, little or no harm, consider the following: *To what extent did your use put your future health and happiness at risk (e.g., escalation over time, loss of control, illness/disability, or relationship/work impact)? 0 means no risk and 10 means high risk.*

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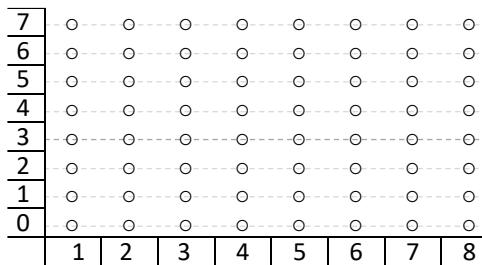


Name:

Start Date:

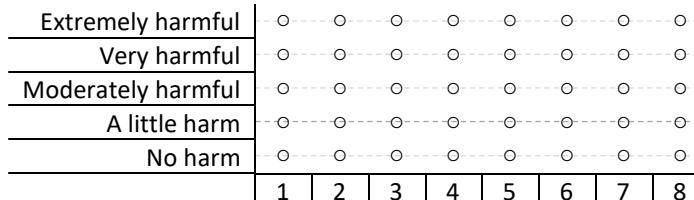
Complete this tracker once a week to monitor your progress.

On how many days did you use over the last week?



Week →

How harmful was your use?



Week →

If you used over the past week and it caused moderate, little or no harm, consider the following:

To what extent did your use put your future health and happiness at risk (e.g., escalation over time, loss of control, illness/disability, or relationship/work impact)? 0 means no risk and 10 means high risk.

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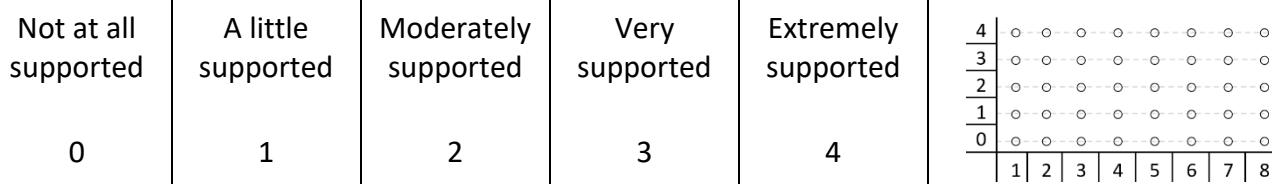


Name:

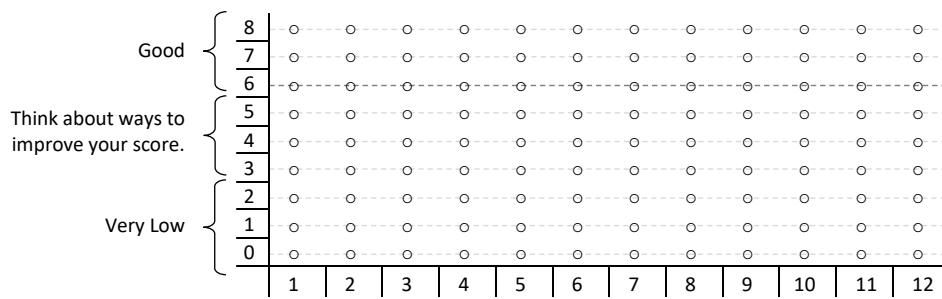
Start Date:

Mark the circle on the chart that best fits your experience in this role

I feel supported to do my work well as a _____.



I enjoy being a _____.



Month →

Name:

Start Date:

Managing your healthspan well will give you a long and healthy life while boosting your mental, emotional and physical wellbeing. Think back over the last week and tick the box that fits best.

How well did you do at getting enough exercise?																																																	
Not so good	OK	Good	Great																																														
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Wellbeing ↑	Week →									
	9	8	7	6	5	4	3	2	1	0
Good	○	○	○	○	○	○	○	○	○	○
OK	○	○	○	○	○	○	○	○	○	○
Urgently needs attention	○	○	○	○	○	○	○	○	○	○

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Name:

Start Date:

Managing your healthspan well will give you a long and healthy life while boosting your mental, emotional and physical wellbeing. Think back over the day and tick the box that fits best.

How well did you do at getting enough exercise?

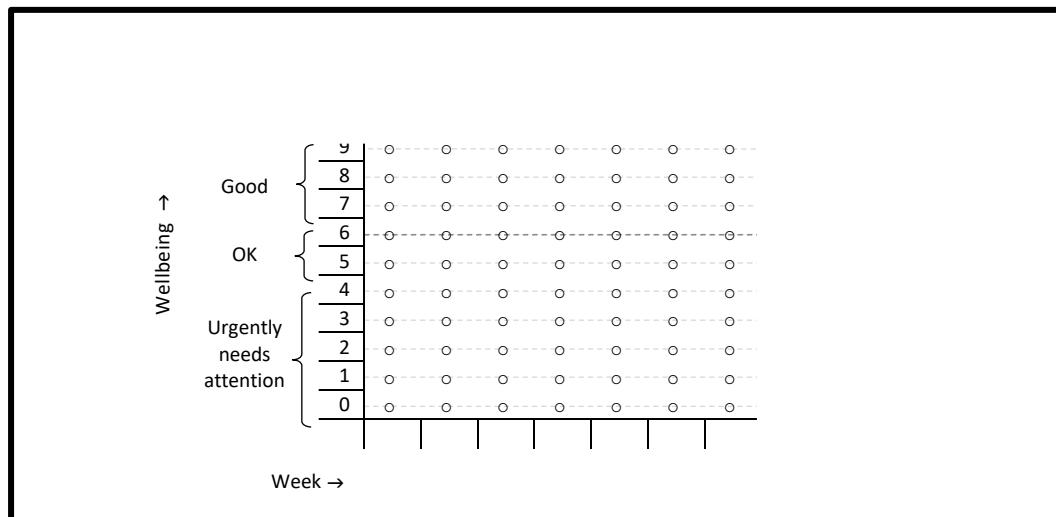
Not so good	OK	Good	Great	<table border="1"> <tr><td>3</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr> <tr><td>2</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr> <tr><td>1</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr> <tr><td>0</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table>	3	○	○	○	○	○	○	○	○	2	○	○	○	○	○	○	○	○	1	○	○	○	○	○	○	○	○	0	○	○	○	○	○	○	○	○		1	2	3	4	5	6	7	8
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Not so good	OK	Good	Great	<table border="1"> <tr><td>3</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr> <tr><td>2</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr> <tr><td>1</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr> <tr><td>0</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table>	3	○	○	○	○	○	○	○	○	2	○	○	○	○	○	○	○	○	1	○	○	○	○	○	○	○	○	0	○	○	○	○	○	○	○	○		1	2	3	4	5	6	7	8
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RELATIONSHIP TRACKER



WellbeingTrackers.com

Name:

Relationships with:

Date:

With regard to this relationship, mark the circle on the chart that describes your experience.

Total score

I feel accepted.

Never, or almost never (0)	4	○ ○ ○ ○ ○ ○ ○ ○
Rarely (1)	3	○ ○ ○ ○ ○ ○ ○ ○
Sometimes (2)	2	○ ○ ○ ○ ○ ○ ○ ○
Often (3)	1	○ ○ ○ ○ ○ ○ ○ ○
Always, or almost always (4)	0	○ ○ ○ ○ ○ ○ ○ ○
	1 2 3 4 5 6 7 8	

I feel accepted.

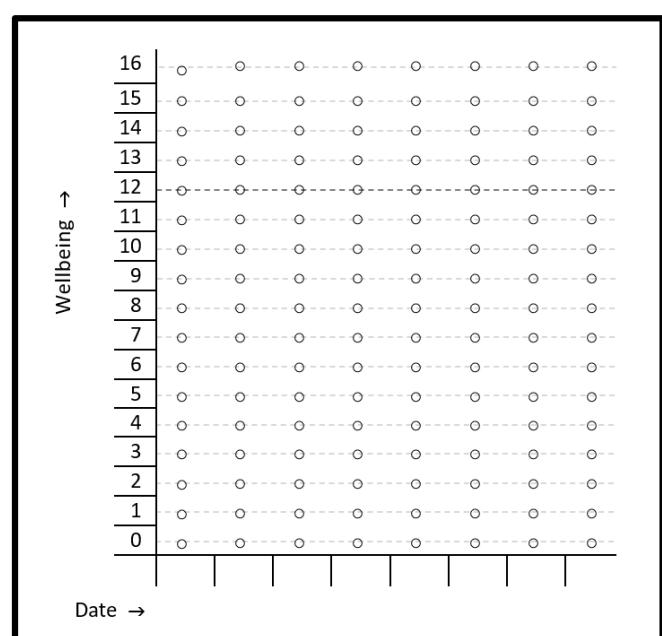
Never, or almost never (0)	4	○ ○ ○ ○ ○ ○ ○ ○
Rarely (1)	3	○ ○ ○ ○ ○ ○ ○ ○
Sometimes (2)	2	○ ○ ○ ○ ○ ○ ○ ○
Often (3)	1	○ ○ ○ ○ ○ ○ ○ ○
Always, or almost always (4)	0	○ ○ ○ ○ ○ ○ ○ ○
	1 2 3 4 5 6 7 8	

I feel accepted.

Never, or almost never (0)	4	○ ○ ○ ○ ○ ○ ○ ○
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Sometimes (2)	2	○ ○ ○ ○ ○ ○ ○ ○
Often (3)	1	○ ○ ○ ○ ○ ○ ○ ○
Always, or almost always (4)	0	○ ○ ○ ○ ○ ○ ○ ○
	1 2 3 4 5 6 7 8	

I feel accepted.

Never, or almost never (0)	4	○ ○ ○ ○ ○ ○ ○ ○
Rarely (1)	3	○ ○ ○ ○ ○ ○ ○ ○
Sometimes (2)	2	○ ○ ○ ○ ○ ○ ○ ○
Often (3)	1	○ ○ ○ ○ ○ ○ ○ ○
Always, or almost always (4)	0	○ ○ ○ ○ ○ ○ ○ ○
	1 2 3 4 5 6 7 8	



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WELLBEING TRACKER (WEEKLY)



WellbeingTrackers.com

Name:

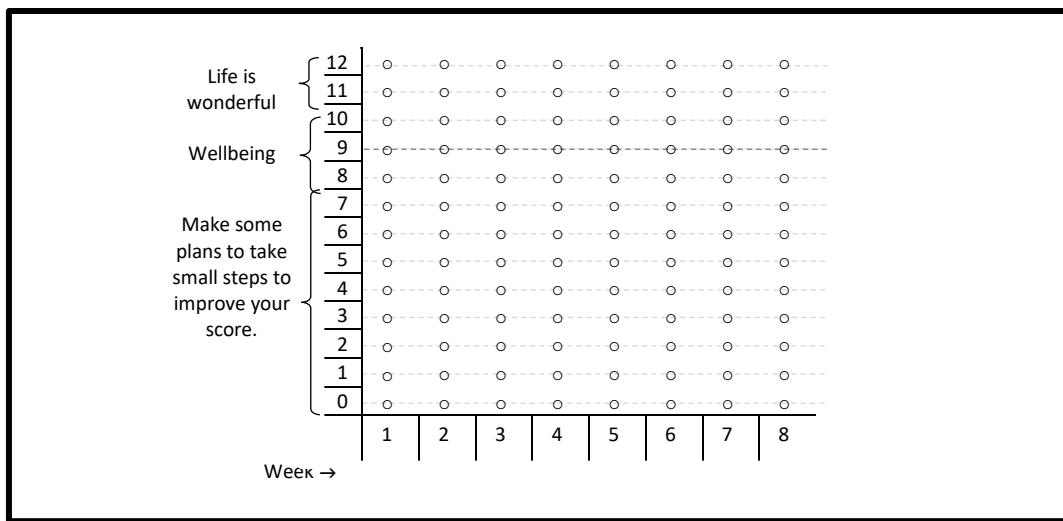
Start Date:

Think back over the last week and mark the circle on the chart that best describes your experience.

How have things been in close relationships?													
Not so good	OK	Good	Great	Wonderful	4 3 2 1 0	○	○	○	○	○	○	○	○
	0	1	2	3		4	○	○	○	○	○	○	○
					1	2	3	4	5	6	7	8	

How have things been socially?																																																																	
(e.g. at work/school/college, at social events, shopping, volunteering in your community, and in groups/clubs you attend.)																																																																	
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	1	2	3	4	5	6	7	8																																																									

How were your emotions and feelings?														
Not so good	OK	Good	Great	Wonderful	4	○	○	○	○	○	○	○	○	○
	0	1	2	3		4	○	○	○	○	○	○	○	○
3	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	1	2	3	4	5	6	7	8						



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WELLBEING TRACKER (DAILY)



WellbeingTrackers.com

Name:

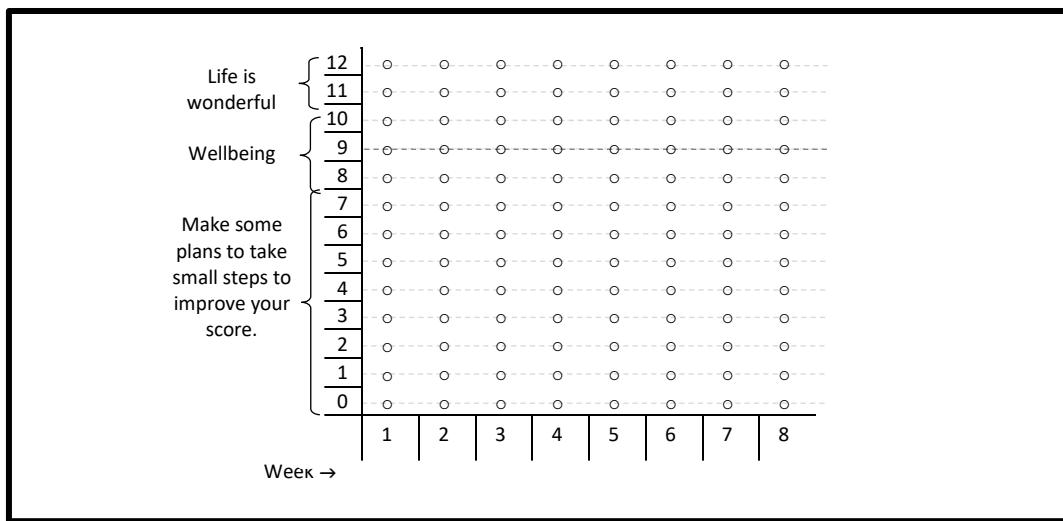
Start Date:

Think back over the day and mark the circle on the chart that best describes your experience.

How have things been in close relationships?							
Not so good	OK	Good	Great	Wonderful	4 3 2 1 0	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	
	0	1	2	3			4
					1 2 3 4 5 6 7 8		

How have things been socially?																																																																							
(e.g. at work/school/college, at social events, shopping, volunteering in your community, and in groups/clubs you attend.)																																																																							
Not so good	OK	Good	Great	Wonderful																																																																			
	0	1	2	3	4	<table border="1"> <tr> <td>4</td> <td>○</td> </tr> <tr> <td>3</td> <td>○</td> </tr> <tr> <td>2</td> <td>○</td> </tr> <tr> <td>1</td> <td>○</td> </tr> <tr> <td>0</td> <td>○</td> </tr> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td></td> <td></td> </tr> </table>	4	○	○	○	○	○	○	○	○	○	○	3	○	○	○	○	○	○	○	○	○	○	2	○	○	○	○	○	○	○	○	○	○	1	○	○	○	○	○	○	○	○	○	○	0	○	○	○	○	○	○	○	○	○	○		1	2	3	4	5	6	7	8	
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	1	2	3	4	5	6	7	8																																																															

How were your emotions and feelings?														
Not so good	OK	Good	Great	Wonderful	4	○	○	○	○	○	○	○	○	○
	0	1	2	3		4	○	○	○	○	○	○	○	○
3	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2	○	○	○	○	○	○	○	○	○	○	○	○	○	○
1	○	○	○	○	○	○	○	○	○	○	○	○	○	○
0	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	1	2	3	4	5	6	7	8						



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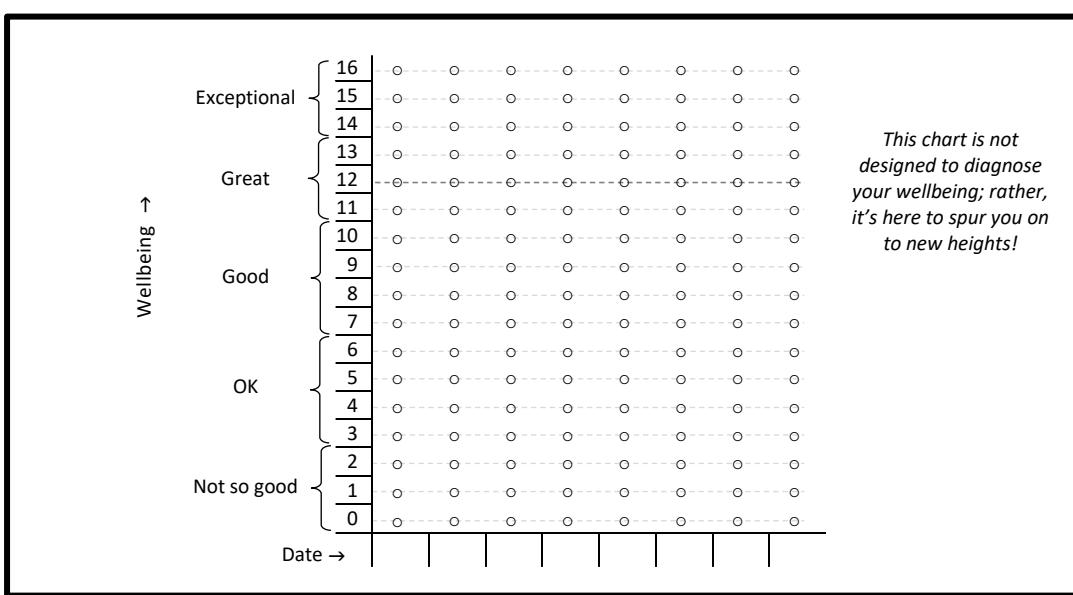
Name:

Start Date:

Think back over the day and mark the circle on the chart that best describes your experience.

How well did you do at enjoying life (in a healthy way)?														
Not so good	OK	Good	Great	Exceptional	4	○	○	○	○	○	○	○	○	○
						○	○	○	○	○	○	○	○	
3	○	○	○	○	○	○	○	○	○	○	○	○	○	
2	○	○	○	○	○	○	○	○	○	○	○	○	○	
1	○	○	○	○	○	○	○	○	○	○	○	○	○	
0	○	○	○	○	○	○	○	○	○	○	○	○	○	
	1	2	3	4	5	6	7	8						

How well did you do at eating well?								
Not so good	OK	Good	Great	Exceptional				
					4	3	2	1
0	1	2	3	4	○	○	○	○
					○	○	○	○
					○	○	○	○
					○	○	○	○
					○	○	○	○
					○	○	○	○
					1	2	3	4



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How are you?

Family



School



Feelings



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How are you?

Friends



School



Feelings



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Doing OK. Dealing
with life's ups and
downs while learning
and growing.

Potentially distressed.

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If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines.

These tools are designed for personal insight and growth and are not suitable for professional diagnosis, guidance, or advice.

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