



# Recovery Tracker

Name: \_\_\_\_\_ Date: \_\_\_\_\_

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress each week.

Think back over the last week and tick the box that best describes your experience.

	Very difficult	Difficult	Not so good	OK	Good	
How have things been in close relationships?	0 .	. 1 .	. 2 .	. 3 .	. 4	
How have things been socially? (e.g. at work/school/college, volunteering in your community, at social events and in groups/clubs you are a part of.)	0 .	. 1 .	. 2 .	. 3 .	. 4	
How were your emotions and feelings?	0 .	. 1 .	. 2 .	. 3 .	. 4	Total Score

For instructions and tips for using the Recovery Tracker download the Recovery Tracker Workbook from [www.WellbeingTrackers.com](http://www.WellbeingTrackers.com)

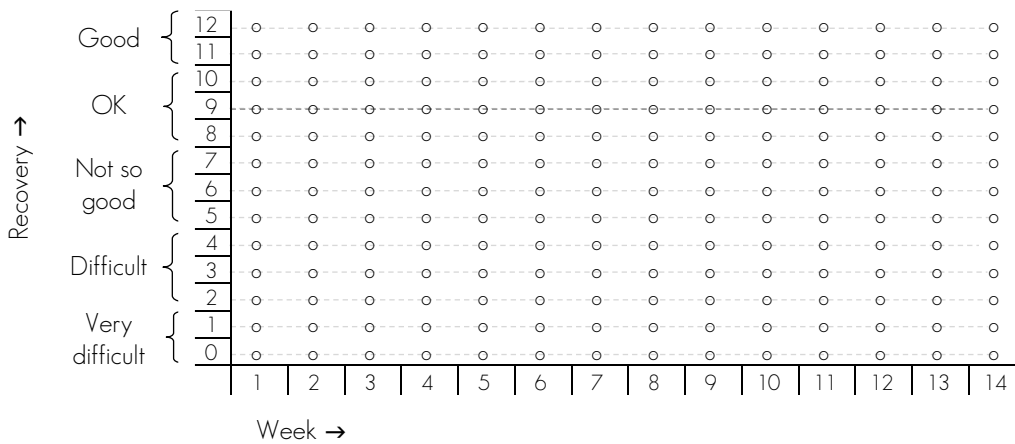
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# Recovery Tracker

Name: \_\_\_\_\_

Start date: \_\_\_\_\_ (week one)



*Feedback is a safe conversation about something important.*

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## IMPORTANT INFORMATION

Read this page before using the Recovery Tracker.

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