



# Wellbeing Tracker

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

Think back over the last 7 days and tick the box that best describes your experience.

	Not so good	OK	Good	Great	Excellent	
How were your emotions and feelings?	0 •	• 1 •	• 2 •	• 3 •	• 4	
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	
Overall, what has life been like for you over the past week?	0 •	• 1 •	• 2 •	• 3 •	• 4	Total Score

*Creating Wellbeing. Empowering Communities.*

[www.WellbeingTrackers.com](http://www.WellbeingTrackers.com)

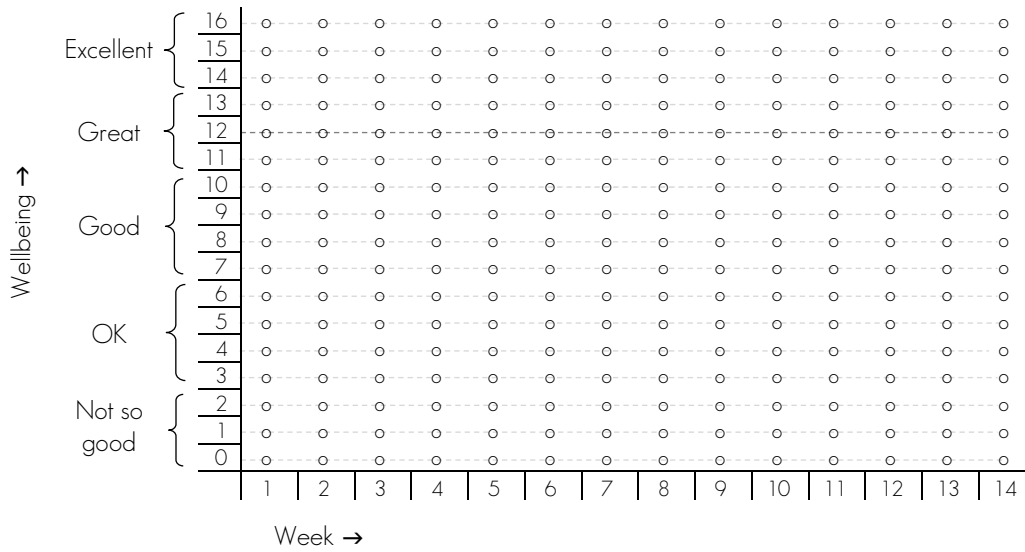
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# Wellbeing Tracker

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

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



*Feedback is a safe conversation about something important.*

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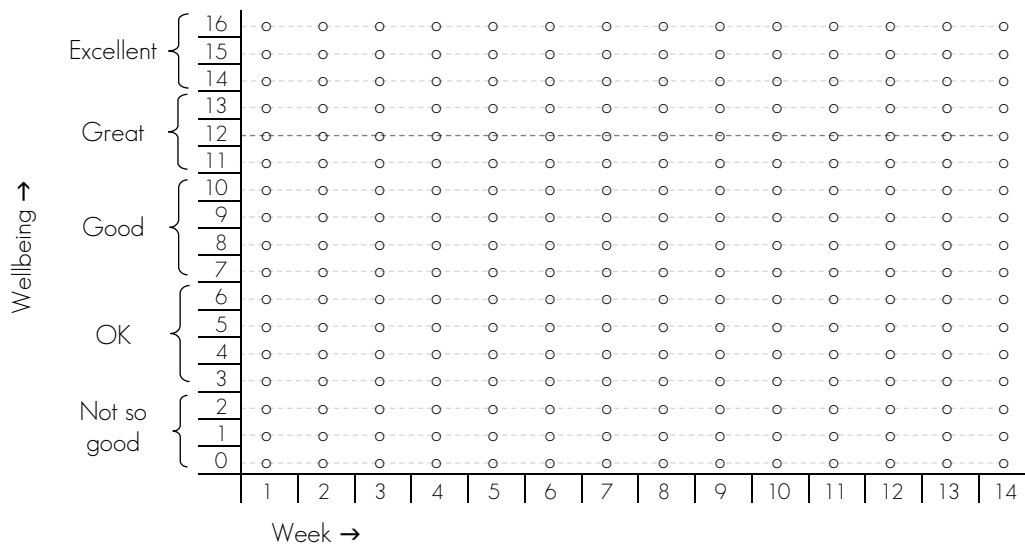
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# Wellbeing Tracker

Team: \_\_\_\_\_

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



Consult as a team and think of a small, practical step you can take to improve your team score.

*Bring wellbeing to life.*

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Read this page before using this Tracker.

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## *Instructions*

Step 1: Answer the questions on the Tracker.

Step 2: Add up your total score.

Step 3: Plot your total score on the chart.

Step 4: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

Consider sharing and discussing your Tracker with friends and family.

Consider using the Tracker as a part of a Wellbeing Team.

## *Tips*

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between "Good" and "Great" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use this Tracker, or any of the Wellbeing and Recovery Trackers, use it in a way that feels right to you - that's the key!
3. When you are doing well on this Tracker considering moving on the another one so you can develop all the aspects of your wellbeing.

## *Instructions for Team Trackers*

Step 1: Add up the team's total scores. Calculate the average by dividing this number by the number of members of the team.

Step 2: Plot the average on the chart and reflect on your progress as a Wellbeing Team. If the team feels it would be helpful you can also chart the highest and lowest scores as well as the average.

Step 3: Consult as a team and come up with ideas to improve the score on the chart by one point.

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## Wellbeing and Recovery Trackers

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