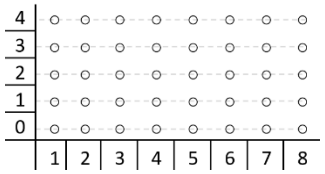
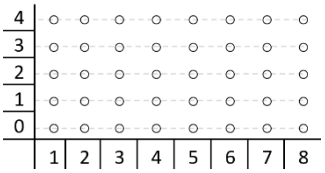
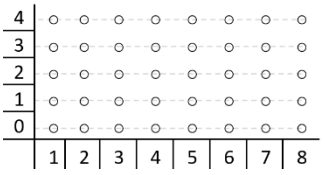
RECOVERY TRACKER WellbeingTrackers.com

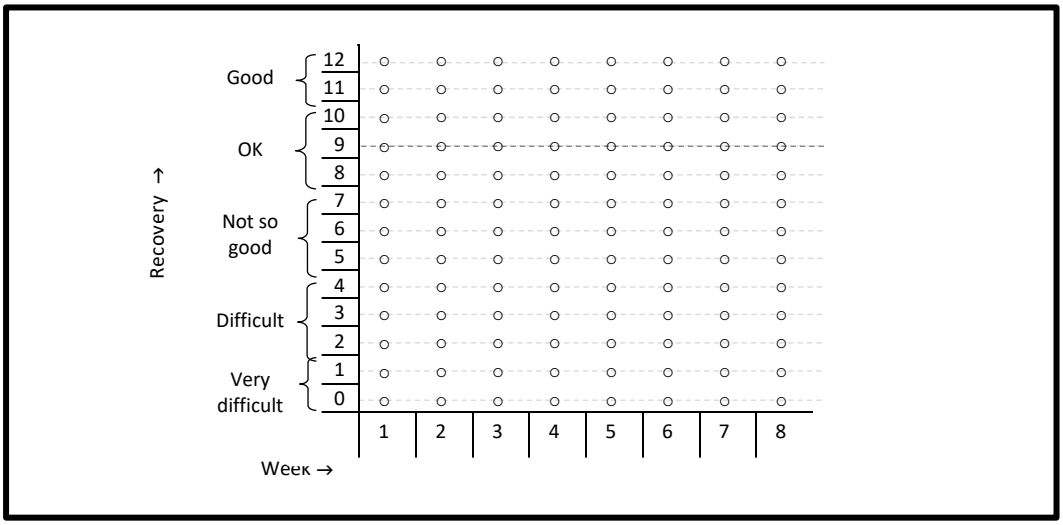
Name:	Start Date:

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 0	Difficult 1	Not so good 2	OK 3	Good 4	

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 0	Difficult 1	Not so good 2	OK 3	Good 4	

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

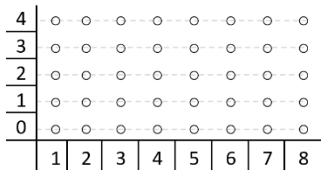


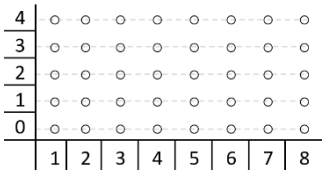
RECOVERY TRACKER (DAILY VERSION)

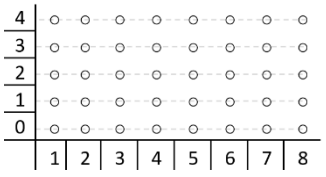
WellbeingTrackers.com

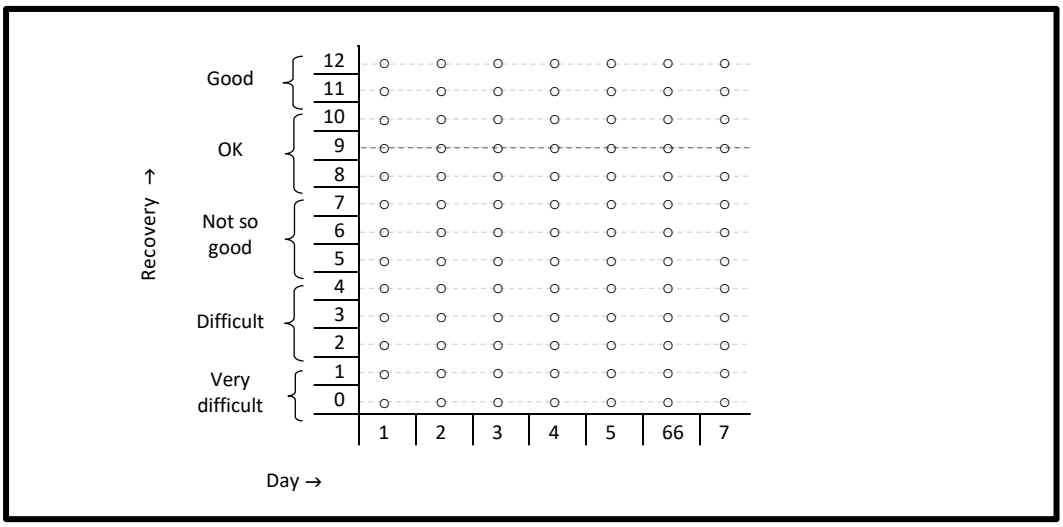
Name:	Start Date:

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

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

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 0	Difficult 1	Not so good 2	OK 3	Good 4	

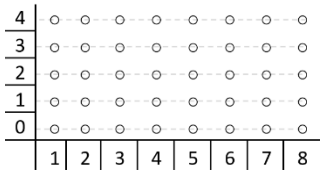
How were your emotions and feelings?					
Very difficult 0	Difficult 1	Not so good 2	OK 3	Good 4	

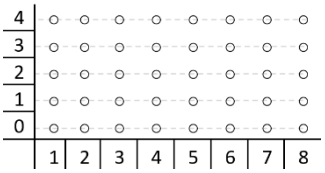


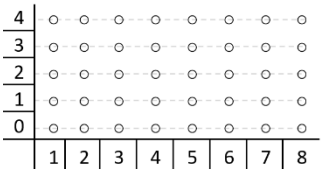
RECOVERY TRACKER (ALTERNATIVE VERSION) WellbeingTrackers.com

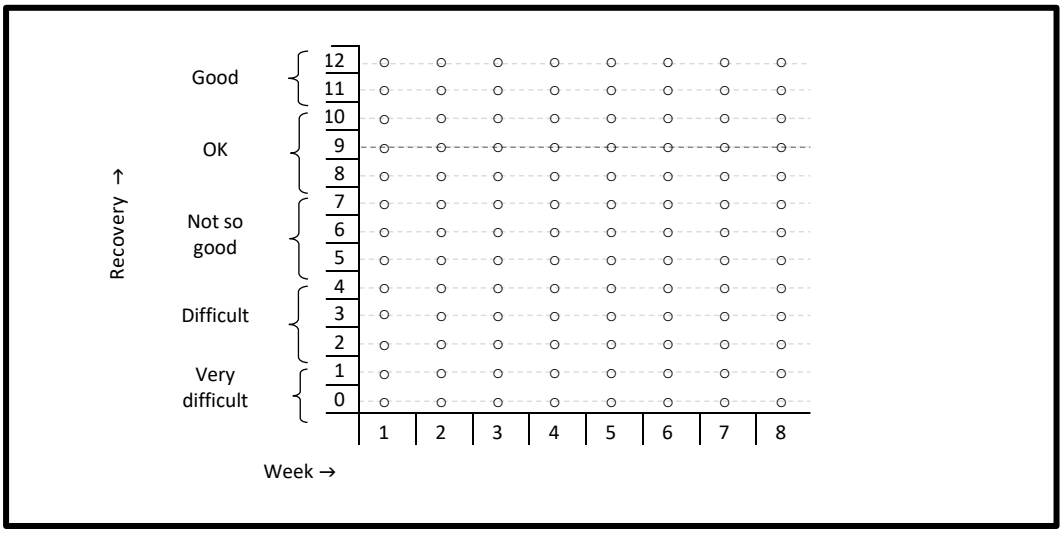
Name:	Start Date:

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 well did you do at connecting with positive and supportive people?				
Not so good 1	OK 2	Good 3	Great 4	

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 0	Difficult 1	Not so good 2	OK 3	Good 4	

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

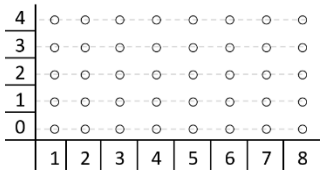


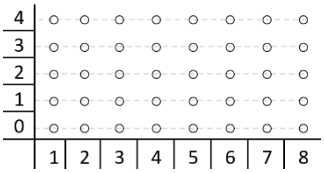
RECOVERY TRACKER (ALTERNATIVE VERSION - DAILY)

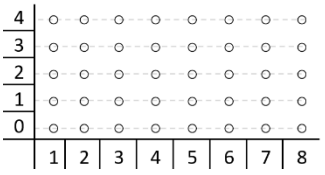
WellbeingTrackers.com

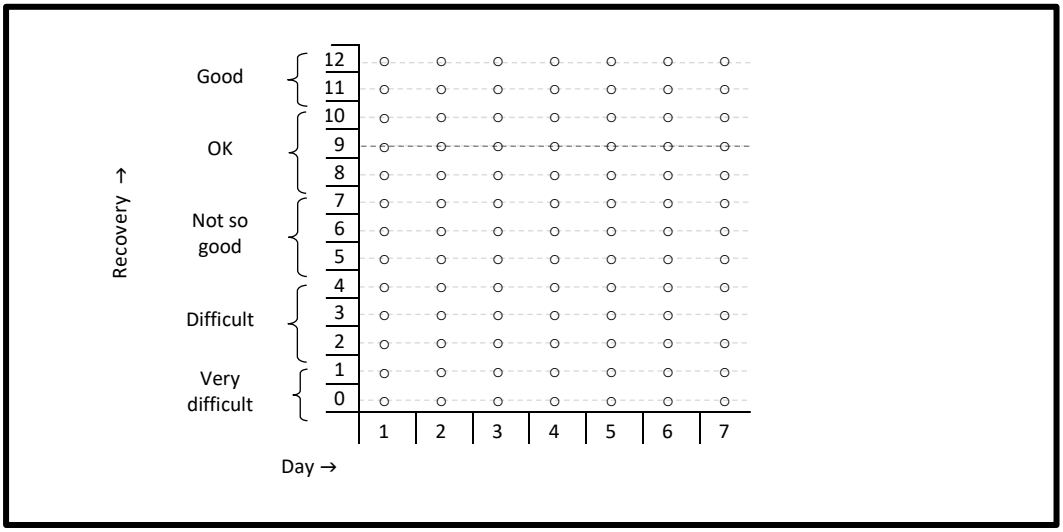
Name:	Start Date:

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

How well did you do at connecting with positive and supportive people?				
Not so good 1	OK 2	Good 3	Great 4	

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 0	Difficult 1	Not so good 2	OK 3	Good 4	

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



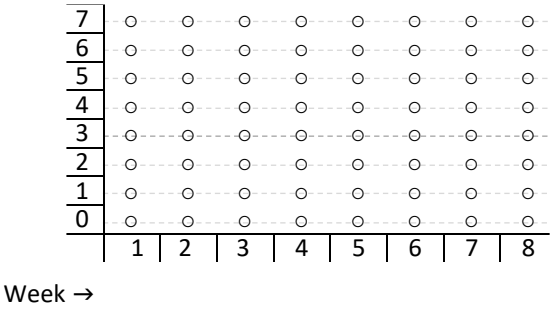
ADDICTION TRACKER

WellbeingTrackers.com

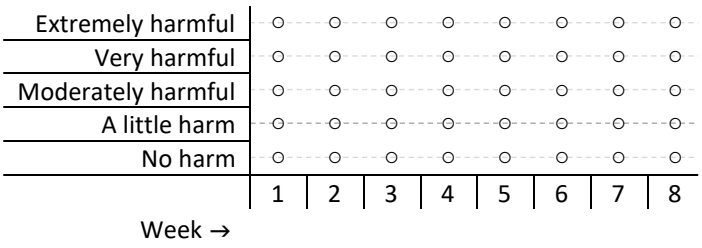
Name:	Start Date:

Complete this tracker once a week to monitor your progress.

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



How harmful was your use?



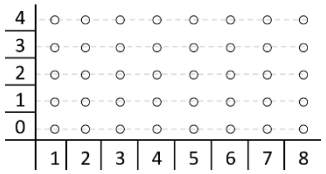
ROLE WELLBEING TRACKER WellbeingTrackers.com

Name:	Start Date:

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

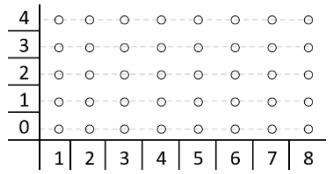
I feel supported to do my work well as a _____.

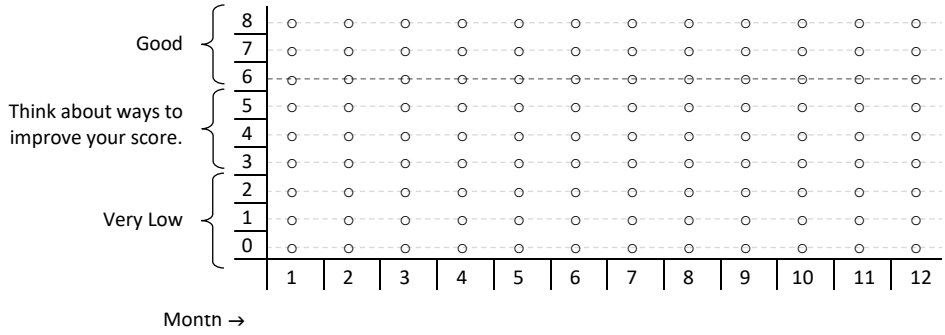
Not at all supported	A little supported	Moderately supported	Very supported	Extremely supported	
0	1	2	3	4	



I enjoy being a _____.

Not at all enjoyable	A little enjoyable	Moderately enjoyable	Very enjoyable	Extremely enjoyable	
0	1	2	3	4	

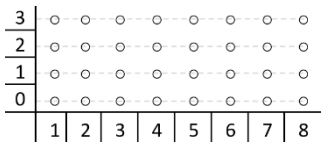


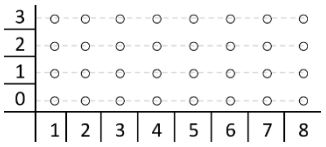


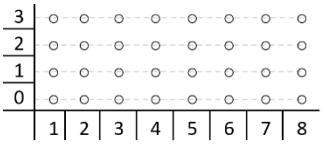
HEALTHSPAN TRACKER (WEEKLY) WellbeingTrackers.com

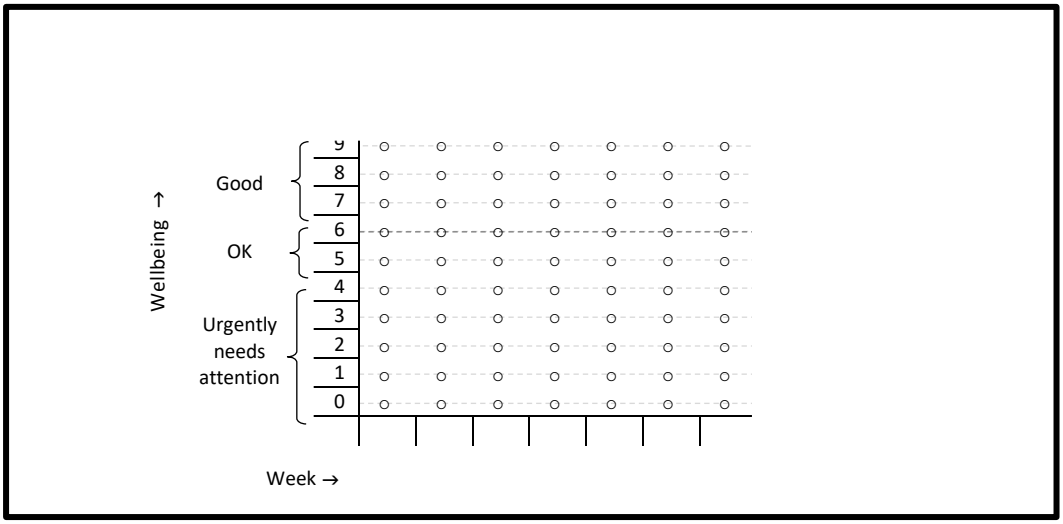
Name:	Start Date:

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 0	OK 1	Good 2	Great 3	

How well did you do at eating healthily, while avoiding snacking, processed food, and junk food?				
Not so good 0	OK 1	Good 2	Great 3	

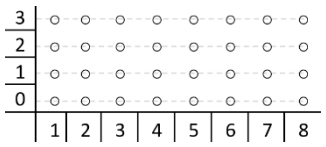
How well did you do at enjoying life and keeping your stress levels low?				
Not so good 0	OK 1	Good 2	Great 3	

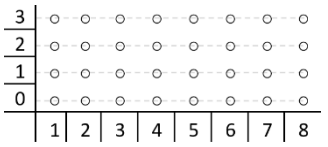


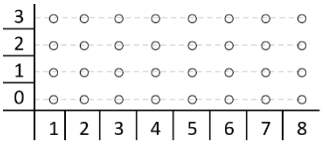
HEALTHSPAN TRACKER (DAILY) WellbeingTrackers.com

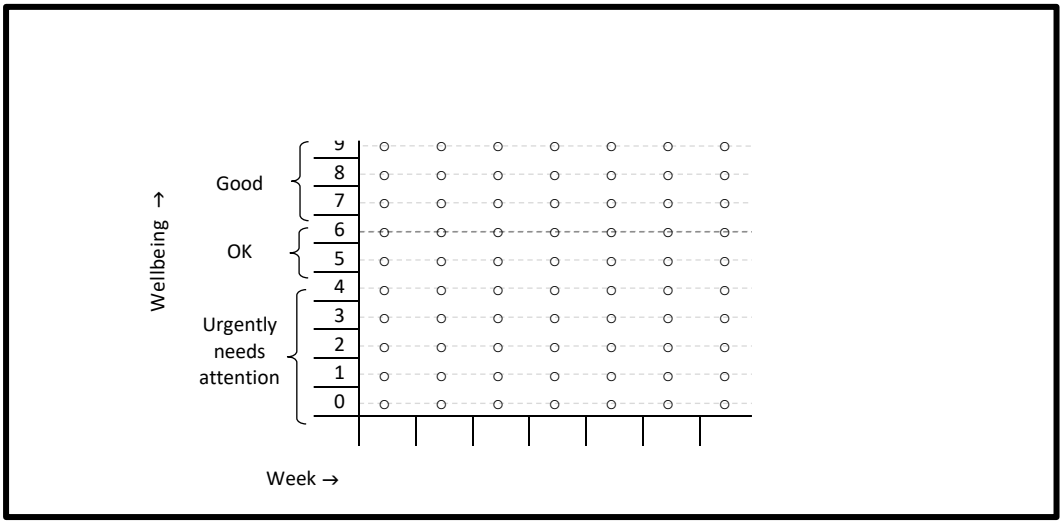
Name:	Start Date:

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 0	OK 1	Good 2	Great 3	

How well did you do at eating healthily, while avoiding snacking, processed food, and junk food?				
Not so good 0	OK 1	Good 2	Great 3	

How well did you do at enjoying life and keeping your stress levels low?				
Not so good 0	OK 1	Good 2	Great 3	



RELATIONSHIP TRACKER

WellbeingTrackers.com

Name:

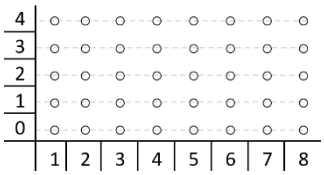
Relationships with:

Date:

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

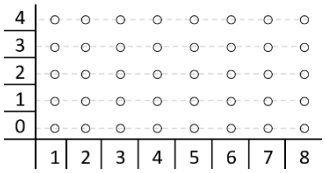
I feel accepted.

Never, or almost never (0)
Rarely (1)
Sometimes (2)
Often (3)
Always, or almost always (4)



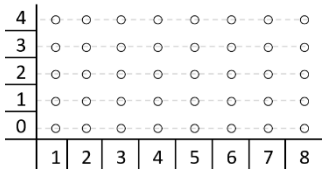
I feel accepted.

Never, or almost never (0)
Rarely (1)
Sometimes (2)
Often (3)
Always, or almost always (4)



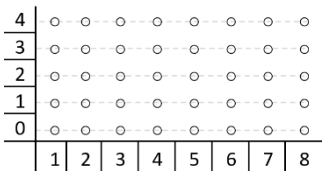
I feel accepted.

Never, or almost never (0)
Rarely (1)
Sometimes (2)
Often (3)
Always, or almost always (4)

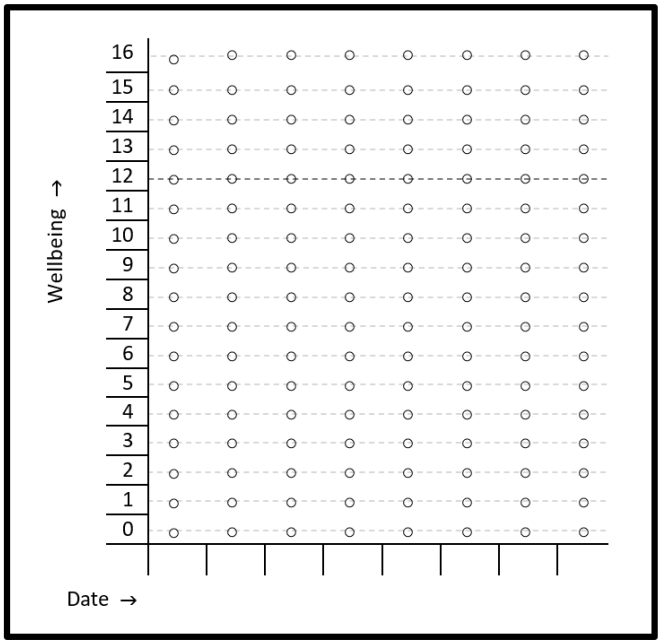


I feel accepted.

Never, or almost never (0)
Rarely (1)
Sometimes (2)
Often (3)
Always, or almost always (4)



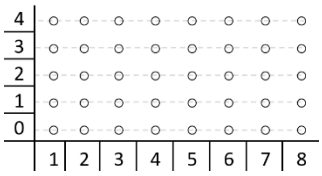
Total score

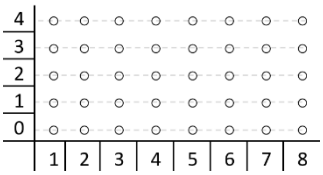


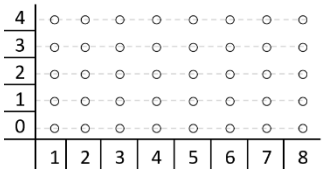
WELLBEING TRACKER (WEEKLY) WellbeingTrackers.com

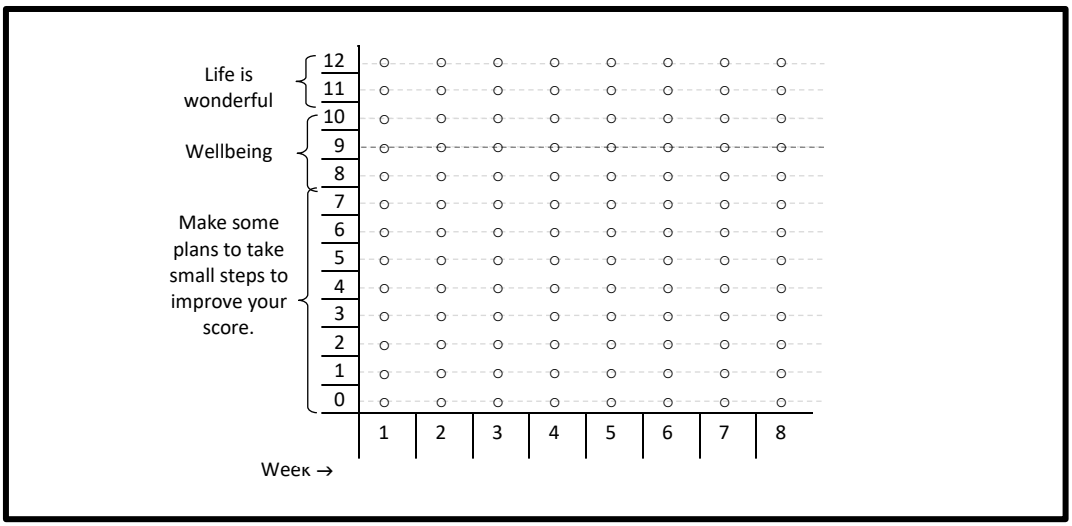
Name:	Start Date:

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 0	OK 1	Good 2	Great 3	Wonderful 4	

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 0	OK 1	Good 2	Great 3	Wonderful 4	

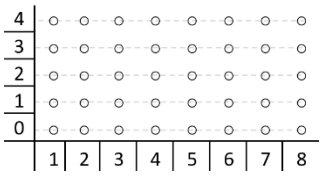
How were your emotions and feelings?					
Not so good 0	OK 1	Good 2	Great 3	Wonderful 4	

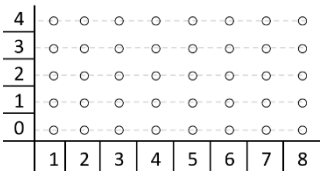


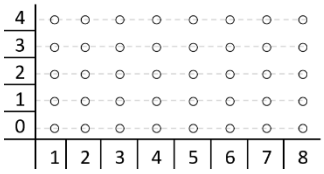
WELLBEING TRACKER (DAILY) WellbeingTrackers.com

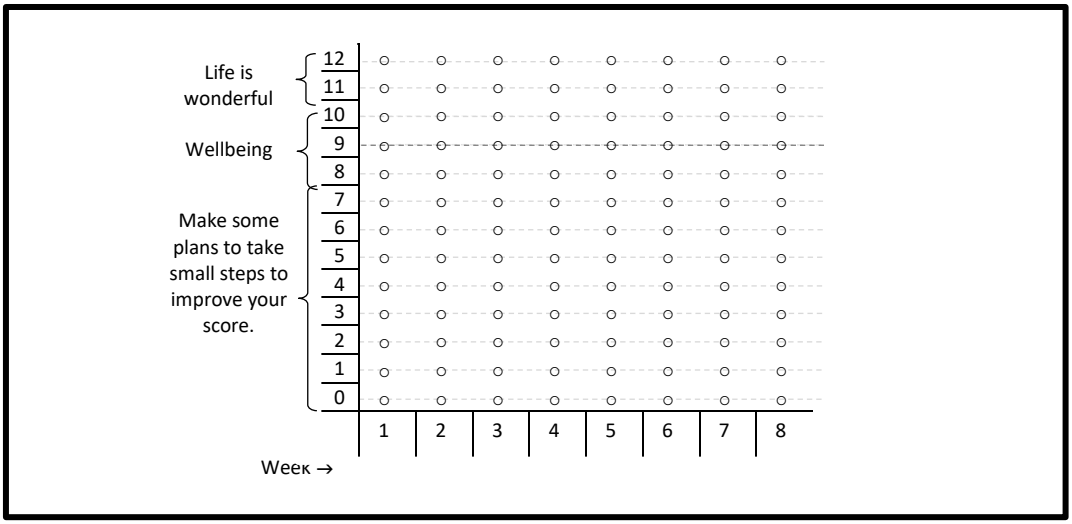
Name:	Start Date:

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 0	OK 1	Good 2	Great 3	Wonderful 4	

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 0	OK 1	Good 2	Great 3	Wonderful 4	

How were your emotions and feelings?					
Not so good 0	OK 1	Good 2	Great 3	Wonderful 4	

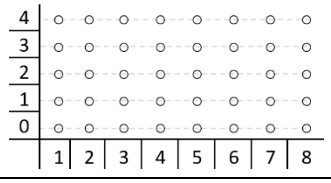


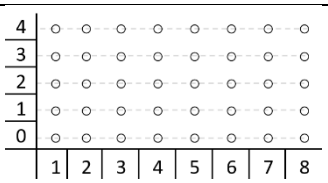
2nd JOURNEY TRACKER (DAILY)

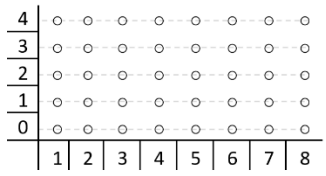
WellbeingTrackers.com

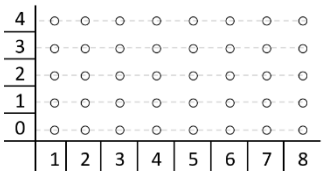
Name:	Start Date:

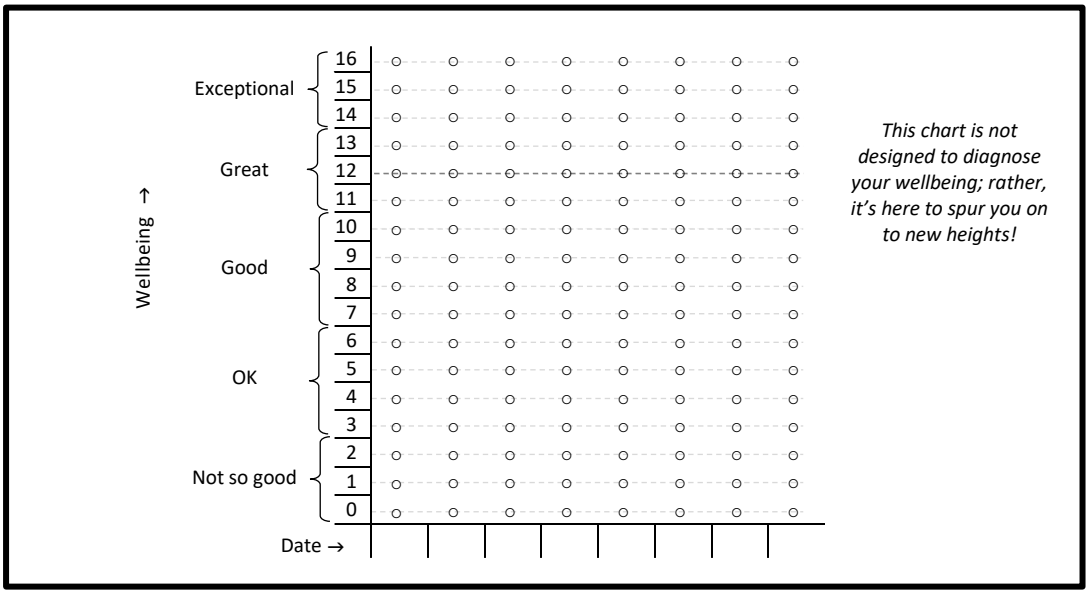
Think back <u>over the day</u> and mark the circle on the chart that best describes your experience.

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

How well did you do at managing stress in a healthy way?					
Not so good 0	OK 1	Good 2	Great 3	Exceptional 4	

How well did you do at being psychically active and exercising?					
Not so good 0	OK 1	Good 2	Great 3	Exceptional 4	

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



How are you?

Family

School

Feelings

How are you?

Friends

School

Feelings

O O O O O O O O O O O O

O O O O O O O O O O O O

O O O O O O O O O O O O

O O O O O O O O O O O O

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

O O O O O O O O O O O O

O O O O O O O O O O O O

O O O O O O O O O O O O

Potentially distressed.

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.