



Healthspan Tracker

Name: _____ 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/week/month and tick the box that fits best.

	Not so good	OK	Good	Great	Excellent	
How well did you do at getting enough exercise?	0 •	• 1 •	• 2 •	• 3 •	• 4	
How well did you do at eating plenty of fresh vegetables and whole foods while avoiding processed and junk food?	0 •	• 1 •	• 2 •	• 3 •	• 4	
How well did you do at keeping your stress levels low?	0 •	• 1 •	• 2 •	• 3 •	• 4	
How well did you do at enjoying life?	0 •	• 1 •	• 2 •	• 3 •	• 4	Total Score

If you wish, write down one small step you can take to improve your healthspan.

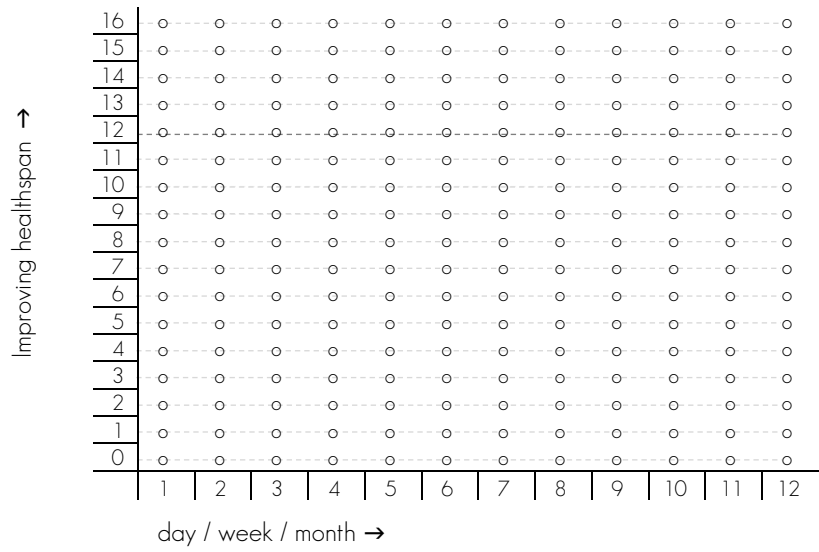
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Healthspan Tracker

Name: _____

Start date: _____



Experience wellbeing in every moment.

www.WellbeingTrackers.com

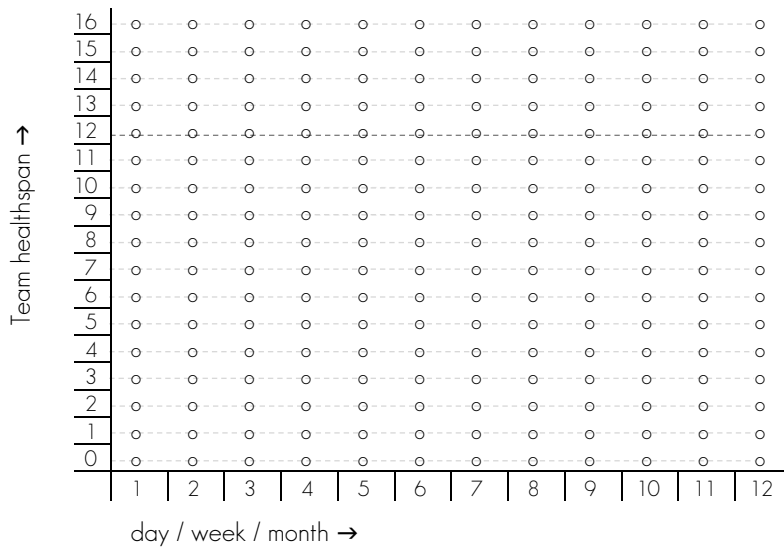
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Healthspan Team Tracker

Team: _____

Start date: _____



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

Experience a new level of happiness, joyfulness and wellbeing in your life.

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IMPORTANT INFORMATION

Read this page before using the Healthspan Tracker.

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8. Wellbeing and Recovery Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian.

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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 supportive friends and family.

Consider using the Healthspan 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 the Healthspan Tracker, or any of the 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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