



# Recovery Tracker

## (other-rater version)

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

Rater: \_\_\_\_\_

Tick the box that best describes how this person has been doing over the last day/week/month from your perspective.

	Very difficult	Difficult	Not so good	OK	Good	
How have they been doing in close relationships?	0 .	. 1 .	. 2 .	. 3 .	. 4	
How have they been doing 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	Total Score

*Use other-rater tools collaboratively with the person being rated.*

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

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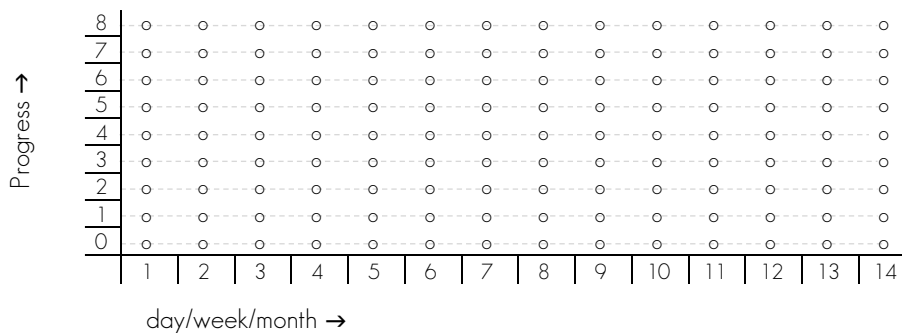


# Recovery Tracker

(other-rater version)

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

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



*Feedback is a safe conversation about something important.*

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## *Instructions*

- Step 1: Select the frequency you want to use the Tracker, i.e., daily, weekly or monthly.
- Step 2: Answer the questions on the Tracker.
- Step 3: Add up the total score.
- Step 4: Plot the total score on the chart.
- Step 5: Reflect on progress and think of a small, practical step to improve the score.
- Step 6: Repeat steps 2-5 each day/week/month.

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## IMPORTANT INFORMATION

Read this page before using the Recovery 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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