



# Wellbeing Tracker

(very brief version)

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

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

Time: \_\_\_\_\_

How are you feeling?

Distressed	Stressed	Just OK	Feeling good	Life is wonderful
♦ ♦	♦ ♦ ♦	♦ ♦ ♦ ♦	♦ ♦ ♦ ♦	♦ ♦ ♦

*Energy. Awareness. Focus.*

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

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# Wellbeing Tracker (very brief version)

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

Start Date: \_\_\_\_\_

Wonderful	o	o	o	o	o	o	o	o	o	o	o	o	o
Feeling good	o	o	o	o	o	o	o	o	o	o	o	o	o
Just OK	o	o	o	o	o	o	o	o	o	o	o	o	o
Stressed	o	o	o	o	o	o	o	o	o	o	o	o	o
Distressed	o	o	o	o	o	o	o	o	o	o	o	o	o
	1	2	3	4	5	6	7	8	9	10	11	12	

Reading →

*Experience wellbeing in every moment.*

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# Wellbeing Team Tracker (very brief version)

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

Start Date: \_\_\_\_\_

Wonderful	o	o	o	o	o	o	o	o	o	o	o	o	o
Feeling good	o	o	o	o	o	o	o	o	o	o	o	o	o
Just OK	o	o	o	o	o	o	o	o	o	o	o	o	o
Stressed	o	o	o	o	o	o	o	o	o	o	o	o	o
Distressed	o	o	o	o	o	o	o	o	o	o	o	o	o
	1	2	3	4	5	6	7	8	9	10	11	12	

Reading →

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

*Empowering People. Creating Wellbeing.*

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## *Instructions*

Step 1: Answer the questions on the Tracker.

Step 2: Plot your 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.

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.
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!

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## Wellbeing and Recovery Trackers

*Empowering Communities. Creating Wellbeing.*

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