



# Healthspan Tracker

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

Managing your healthspan well will give you a long and healthy life while boosting your mental, emotional and physical well-being.

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 fruit 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 you healthspan.

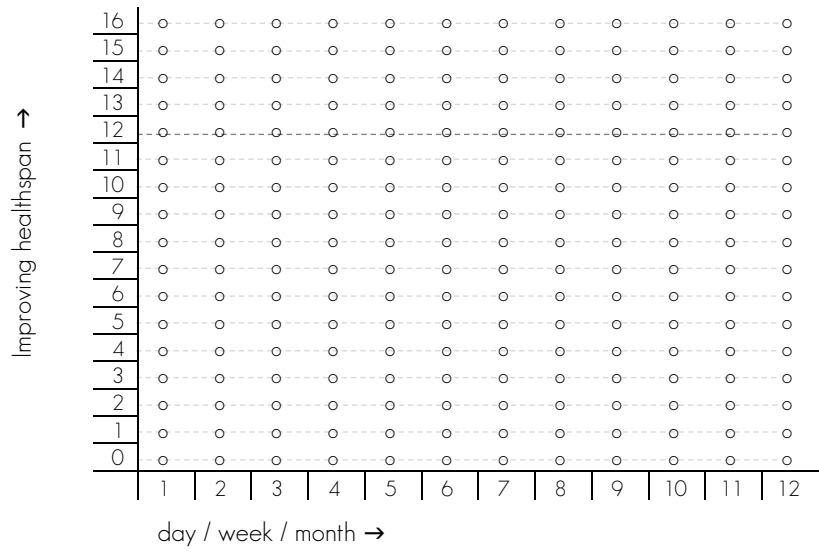
*This tool is free for all to use and share. You are wholly responsible for your use of the Healthspan Tracker. The creator of this tool takes no responsibility for how you use it or any consequences of your use of it. Read the full disclaimer before using this tool.*



# Healthspan Tracker

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

Start date: \_\_\_\_\_



*Experience wellbeing in every moment.*

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

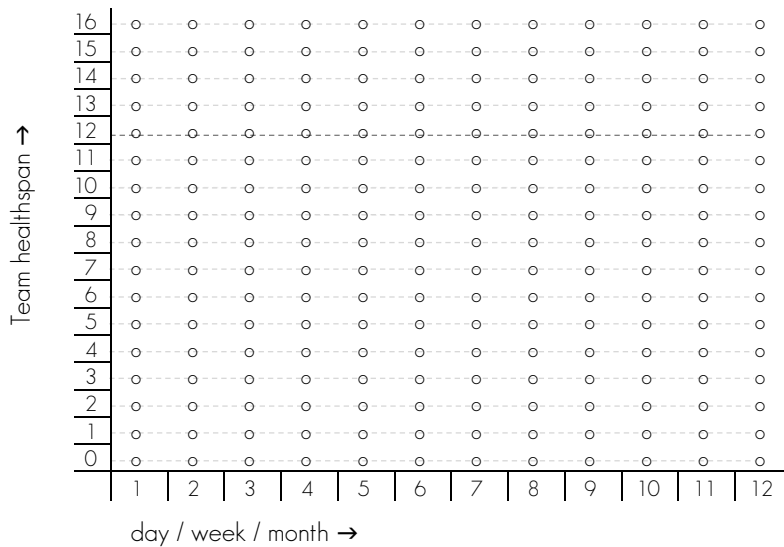
*This tool is free for all to use and share. You are wholly responsible for your use of the Healthspan Tracker. The creator of this tool takes no responsibility for how you use it or any consequences of your use of it. Read the full disclaimer before using this tool.*



# 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.*

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

This tool is free for all to use and share. You are wholly responsible for your use of the Healthspan Tracker. The creator of this tool takes no responsibility for how you use it or any consequences of your use of it. Read the full disclaimer before using this tool.

## IMPORTANT INFORMATION

Read this page before using the Healthspan Tracker.

### *Disclaimer*

1. The creator of this tool, the Healthspan Tracker, is not responsible for, and expressly disclaims all liability for, damages or harm of any kind arising out of use, reference to, or reliance on it. Any reliance you place on this tool is strictly at your own risk.
2. The Healthspan Tracker is not to be used for professional advice. You should not rely on the Healthspan Tracker as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health or physical health concern you should consult with the relevant medical professionals for support and guidance.
3. The information, including any recommendations, on this tool only represent the author's opinion and are not to be taken as professional advice. You should not rely on this information as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health or physical health concern you should consult with the relevant medical professionals for support and guidance.
4. No assurance of any kind is given that using this tool will improve a person's wellbeing or have any positive impact on them.
5. You are wholly responsible for how you use Recovery Trackers and Wellbeing Trackers.
6. The creator of the Wellbeing Trackers, Recovery Trackers, informational booklets and tools available from the website - [www.WellbeingTrackers.com](http://www.WellbeingTrackers.com) - takes no responsibility for how you use them or any consequences of your use of them. This disclaimer applies fully to this tool and PDF document.
7. Recovery Trackers and Wellbeing Trackers, which includes this tool, are not for the treatment of mental health, addiction or physical health problems. If you have a mental health, addiction or physical health problem consult with the appropriate professional. If you wish you may use Recovery Trackers and Wellbeing Trackers as an integrated part of treatment or as a complimentary support for treatment.
8. Wellbeing and Recovery Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian.

### *Permissions*

1. These tools are free for all to use and share.
2. You do not have permission to alter these feedback tools, the protected cells of the MS-Excel spreadsheets and electronic PDF documents, in any way.
3. You do not have permission to create a digital version of the feedback tools and forms that are the Wellbeing and Recovery Trackers.
4. You do not have permission to copy all or any portion of the PDF files or MS-Excel files into any other documents or files. You must get permission from the copyright holder before doing this.

*This tool is free for all to use and share. You are wholly responsible for your use of the Healthspan Tracker.  
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.  
Read the full disclaimer before using this tool.*

## *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.

*This tool is free for all to use and share. You are wholly responsible for your use of the Healthspan Tracker.  
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.  
Read the full disclaimer before using this tool.*



## Wellbeing and Recovery Trackers

*Empowering Communities. Creating Wellbeing.*

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

*This tool is free for all to use and share. You are wholly responsible for your use of the Healthspan Tracker.  
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.  
Read the full disclaimer before using this tool.*

Copyright © 2014-2020 Gearóid Carey