



Relationship Tracker

Name: _____

Relationship with: _____

Date: _____

With regard to this relationship, think back over the last day/week/month and tick the box that describes your experience.

	Not at all	A little	Moderately	A Lot	Extremely	
You felt accepted.	0 •	• 1 •	• 2 •	• 3 •	• 4	
You felt respected.	0 •	• 1 •	• 2 •	• 3 •	• 4	
You felt supported.	0 •	• 1 •	• 2 •	• 3 •	• 4	
You felt understood.	0 •	• 1 •	• 2 •	• 3 •	• 4	Total Score

If you wish, share what you like about this relationship and what might make it even better.

Bringing wellbeing to life.

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.

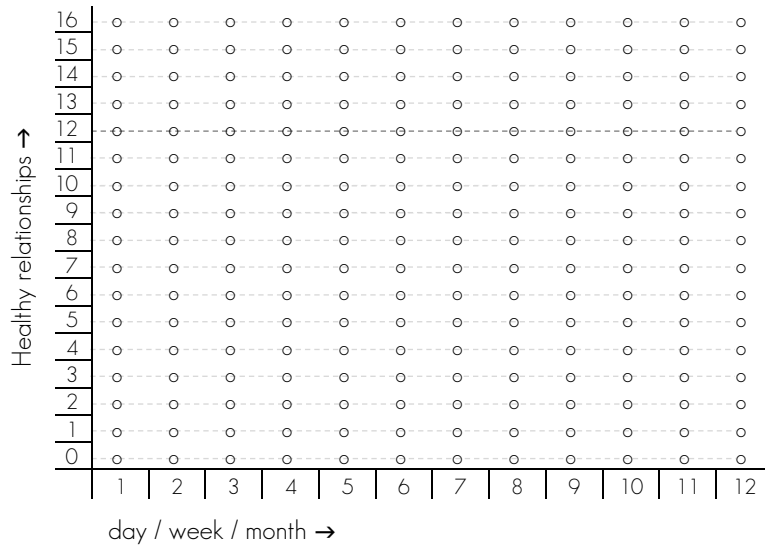


Relationship Tracker

Name: _____

Relationship with: _____

Date: _____



Feedback is a safe conversation about something important.

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

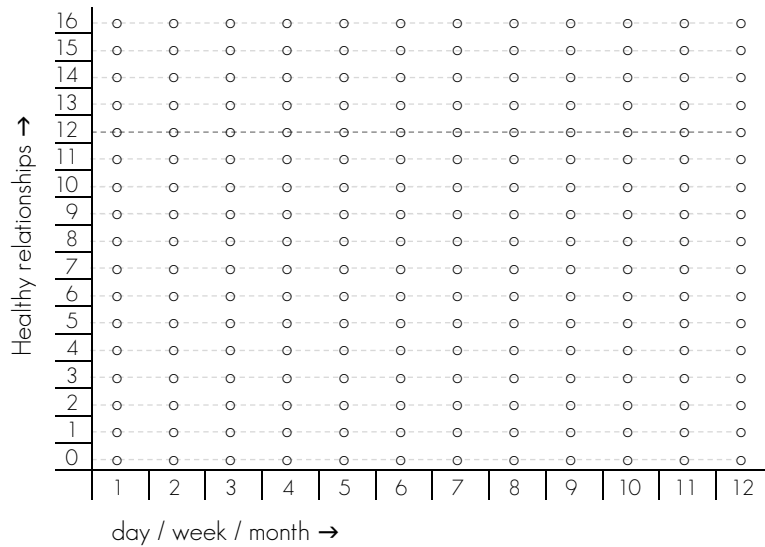


Relationship Team Tracker

Team: _____

Relationship with: _____

Date: _____



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

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 Relationship Tracker.

Disclaimer

1. The creator of this tool, the Relationship 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 Relationship Tracker is not to be used for professional advice. You should not rely on the Relationship 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 - 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 using the Relationship 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 "Moderately" and "A lot" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use the Relationship 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

*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