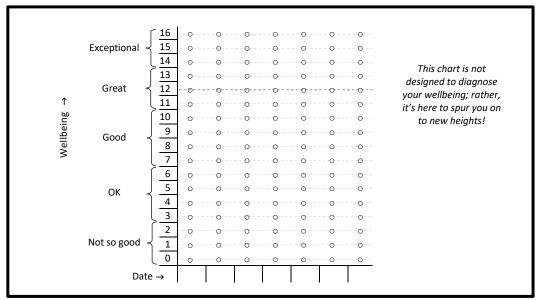


Name:	Start Date:

Think back <u>over the day</u> and mark the circle on the chart that best describes your experience

over the day and mark the circle on the chart that best describes your experience.					
How did you do at enjoying life today (in a healthy way)?					
Not so good	ОК	Good	Great	Exceptional	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	4	1 2 3 4 5 6 7 8
How did you do at managing stress in a healthy way?					
Not so good	ОК	Good	Great	Exceptional	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	4	1 2 3 4 5 6 7 8
How did you do at being active and exercising today?					
Not so good	ОК	Good	Great	Exceptional	4 - 0 - 0 0 0 0 0 0 0 0 -
0	1	2	3	4	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
How did you do at eating a healthy, balanced diet (as you understand it)?					
Not so good	ОК	Good	Great	Exceptional	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	4	1 2 3 4 5 6 7 8





This paper version of this tool is free to use and share – but not alter. Users are solely responsible for their use of this tool. The creator, Gearóid Carey, assumes no responsibility for any consequences arising from its use. Gearóid Carey disclaims all liability for any damages or harm resulting from the use, reference to, or reliance on this tool. Children and adolescents should only use this tool under the supervision of a responsible adult, such as a parent or legal guardian. This tool is intended as a self-help resource. For the full disclaimer, visit www.WellbeingTrackers.com

