DAILY WELLBEING TRACKER (CUSTOMISED)

WellbeingTrackers.com

wellbeing – peaceful – diet - connecting

Name:	Start Date:

Overall, how was my wellbeing today?

Emotional, physical, mental, relational and spiritual?

Not so good	OK	Good	Great	Exceptional
0	1	2	3	4

	1	2	3	4	5	6	7
4	o	o	o	o	o	o	o
3	o	o	o	o	o	o	o
2	o	o	o	o	o	o	o
1	o	o	o	o	o	o	o
0	o	o	o	o	o	o	o

How peaceful was my day?

Balance – not rushed – being calm – having confidence in my decisions – living with purpose and aligning my actions with that purpose – finding flow

Not at all	A Little	Some-what	Very	Exceptional
0	1	2	3	4

	1	2	3	4	5	6	7
4	o	o	o	o	o	o	o
3	o	o	o	o	o	o	o
2	o	o	o	o	o	o	o
1	o	o	o	o	o	o	o
0	o	o	o	o	o	o	o

How well did I do at eating properly?

Not so good	OK	Good	Great	Exceptional
0	1	2	3	4

	1	2	3	4	5	6	7
4	o	o	o	o	o	o	o
3	o	o	o	o	o	o	o
2	o	o	o	o	o	o	o
1	o	o	o	o	o	o	o
0	o	o	o	o	o	o	o

How well did you do at connecting to others?

Being social – being helpful – going to meetings – identifying with people

Not staying inside and not seeing anyone

Not so good	OK	Good	Great	Exceptional
0	1	2	3	4

	1	2	3	4	5	6	7
4	o	o	o	o	o	o	o
3	o	o	o	o	o	o	o
2	o	o	o	o	o	o	o
1	o	o	o	o	o	o	o
0	o	o	o	o	o	o	o

Wellbeing →								
Exceptional	16	o	o	o	o	o	o	o
	15	o	o	o	o	o	o	o
	14	o	o	o	o	o	o	o
Great	13	o	o	o	o	o	o	o
	12	o	o	o	o	o	o	o
	11	o	o	o	o	o	o	o
Good	10	o	o	o	o	o	o	o
	9	o	o	o	o	o	o	o
	8	o	o	o	o	o	o	o
	7	o	o	o	o	o	o	o
OK	6	o	o	o	o	o	o	o
	5	o	o	o	o	o	o	o
	4	o	o	o	o	o	o	o
	3	o	o	o	o	o	o	o
Not so good	2	o	o	o	o	o	o	o
	1	o	o	o	o	o	o	o
	0	o	o	o	o	o	o	o
Day →								

This chart is not designed to diagnose your wellbeing; rather, it's here to spur you on to new heights!

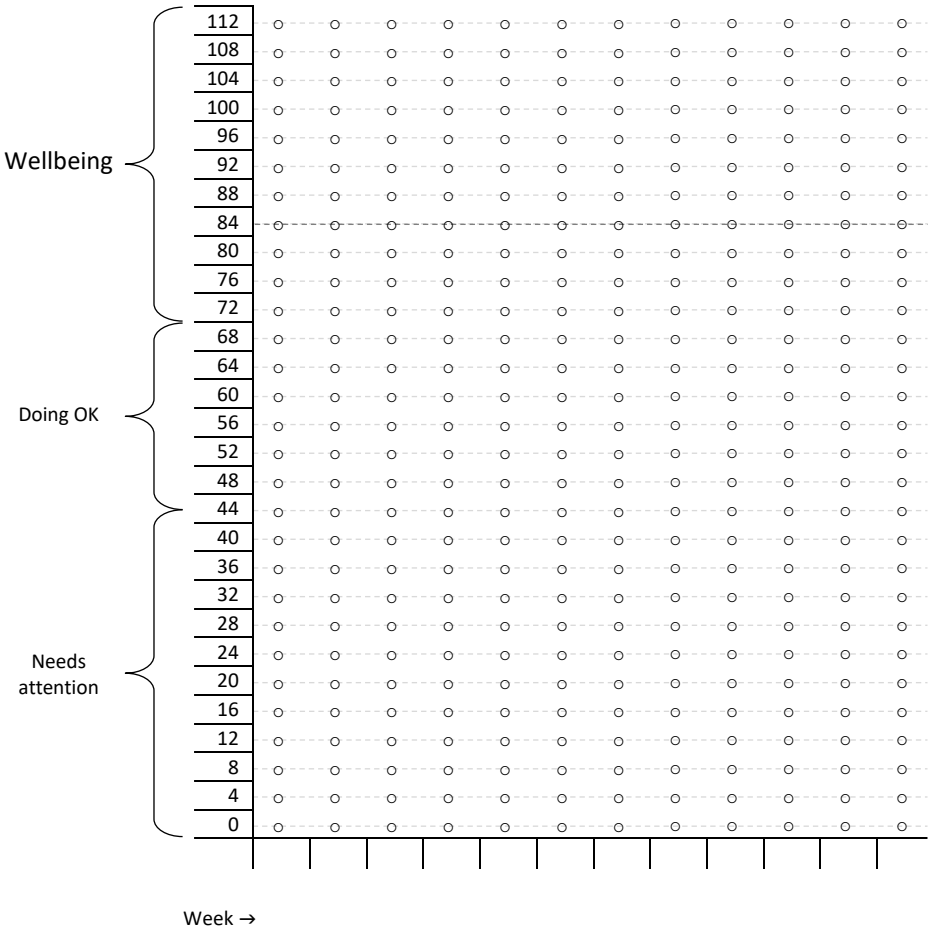
Weekly Total:

DAILY WELLBEING TRACKER – PROGRESS CHART

WellbeingTrackers.com

Name:	Start Date:

Just do one better than last week.



This chart is not designed to diagnose your wellbeing; rather, it's here to spur you on to new heights!

If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines.

This tool is designed for personal insight and growth and is not suitable for professional diagnosis, guidance, or advice.

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