



Recovery Tracker (short version)

Name: _____ Date: _____

Think back over the past day/week/month and tick the box that best describes your experience.

	Not at all	A little	Moderately	Very	Extremely
How supported have you felt?	0 •	• 1 •	• 2 •	• 3 •	• 4

Consider how well supported you felt to be emotionally and physically well and to achieve your recovery and wellbeing goals.

	Distressed	Stressed	OK	Good	Great
Overall, how have you been feeling?	0 •	• 1 •	• 2 •	• 3 •	• 4

Suggestions:

- Complete the Tracker regularly and make plans to improve how supported you feel, reduce how stressed you feel and increase your positive experiences of life in a safe way.
- If you feel it would be helpful you may wish to discuss your Tracker with a friend.

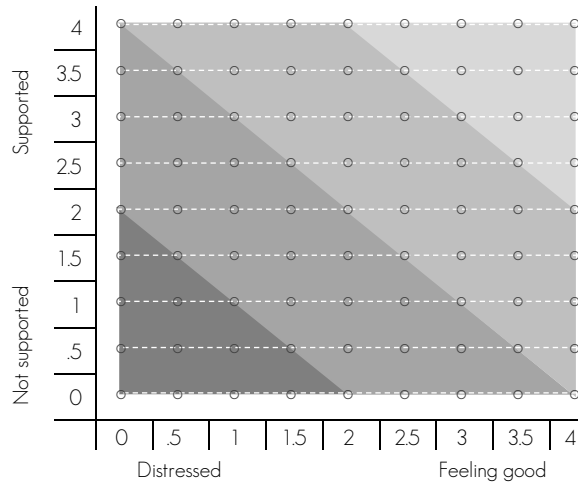
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Recovery Tracker (quadrant chart)

Name: _____

Start date: _____



For more self-tracking tools and workbooks visit my website.

www.WellbeingTrackers.com

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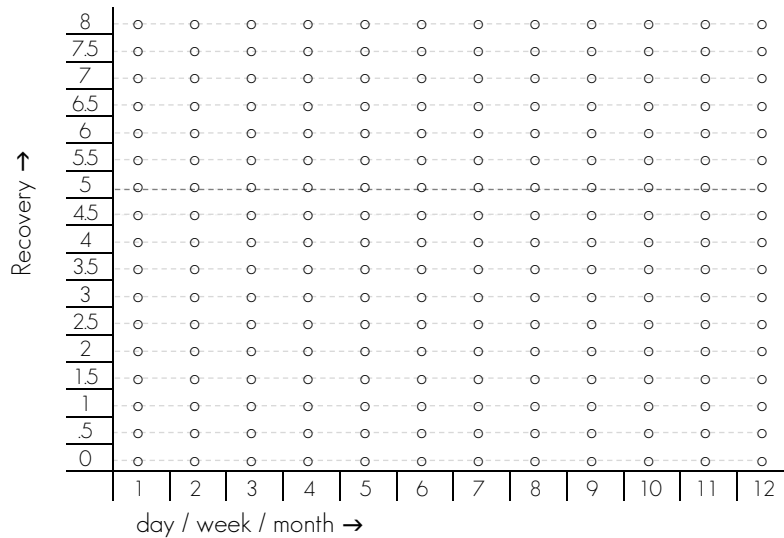
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Recovery Tracker (regular chart)

Name: _____

Start date: _____



Track and reflect on your progress regularly for a better recovery.

www.WellbeingTrackers.com

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Instructions

Step 1: Answer the questions on the Tracker.

Step 2: Choose which chart you wish to use.

Step 3: 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 scores.

Consider discussing your Recovery Process Tracker with supportive friends and family.

Consider using the Recovery Process Tracker as a part of a Recovery Team.

While you are recovering it is important to focus on increasing the strengths, supports and resources you are connecting with. This is called building your recovery capital.

When you are feeling better consider progressing on to another Wellbeing or Recovery Tracker. There are many different ones to choose from and they are available from our website.

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.
2. Another tip is that whatever way you use the Progress Tracker use it in a way that feels right to you - that's the key!

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IMPORTANT INFORMATION

Read this page before using the Progress Tracker.

Disclaimer

1. The creator of this tool, the Progress 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 Progress Tracker is not to be used for professional advice. You should not rely on the Progress Tracker as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health, addiction or physical health concern you should consult with the relevant professionals for support and guidance.
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4. No assurance of any kind is given that using the Progress Tracker will improve a person's wellbeing or help them recover from a mental health or addiction concern.
5. You are wholly responsible for how you use Recovery Trackers and Wellbeing Trackers.
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7. The Progress Tracker is 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.

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