

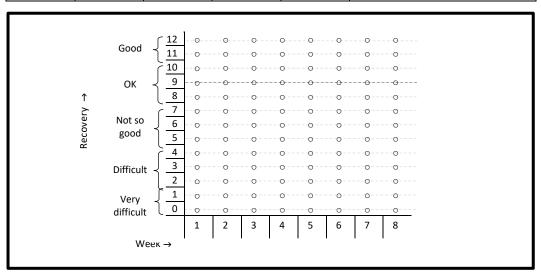
Namo	Ctart Data
Name:	Start Date:

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress. Think back <u>over the last week</u> and mark the circle on the chart that best describes your experience.

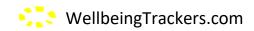
How have things been in close relationships?						
Very difficult 0	Difficult 1	Not so good 2	OK 3	Good 4	4     0	

How have things been socially?  (e.g. at work/school/college, at social events, shopping, volunteering in your community, and in groups/clubs you attend.)					
Very difficult	Difficult	Not so good	ОК	Good	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	4	1 2 3 4 5 6 7 8

How were your emotions and feelings?						
Very difficult	Difficult	Not so good	OK	Good	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -	
0	1	2	3	4	1 2 3 4 5 6 7 8	



### **RECOVERY TRACKER (DAILY VERSION)**



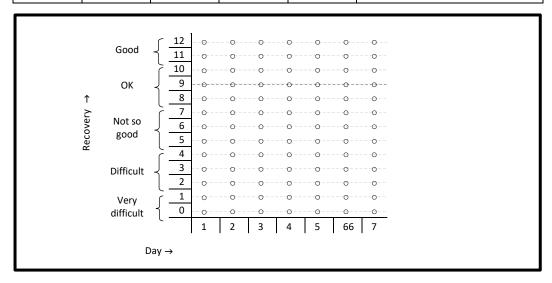
Name:	Start Date:

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress. Think back <u>over the day</u> and mark the circle on the chart that best describes your experience.

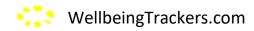
How have things been in close relationships?						
Very difficult	Difficult	Not so good	ОК	Good	4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
0	1	2	3	4	1 2 3 4 5 6 7 8	

How have things been socially?  (e.g. at work/school/college, at social events, shopping, volunteering in your community, and in groups/clubs you attend.)						
Very difficult	Difficult	Not so good	ОК	Good	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -	
0	1	2	3	4	1 2 3 4 5 6 7 8	

	How were your emotions and feelings?						
Very difficult	Difficult	Not so good	ОК	Good	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -		
0	1	2	3	4	1 2 3 4 5 6 7 8		



### RECOVERY TRACKER (ALTERNATIVE VERSION)



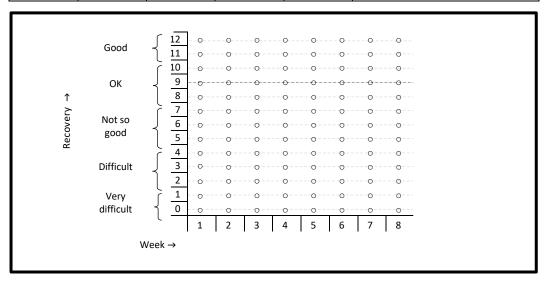
Name:	Start Date:
ivalile.	Start Date.

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress. Think back <u>over the last week</u> and mark the circle on the chart that best describes your experience.

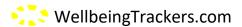
How well did you do at connecting with positive and supportive people?					
Not so good	OK	Good	Great	4     0	
1	2	3	4		

	How have things been socially?						
(e.g. at work/school/college, at social events, shopping, volunteering in your community, and in groups/clubs you attend.)							
Very difficult	Difficult	Not so good	ОК	Good	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -		
0	1	2	3	4	1 2 3 4 5 6 7 8		

	How were your emotions and feelings?						
Very difficult	Difficult	Not so good	ОК	Good	4		
0	1	2	3	4	1 2 3 4 5 6 7 8		



## **RECOVERY TRACKER (ALTERNATIVE VERSION - DAILY)** WellbeingTrackers.com



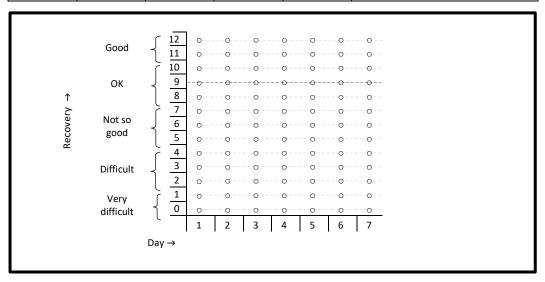
Name:	Start Date:

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress. Think back over the day and mark the circle on the chart that best describes your experience.

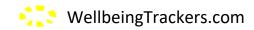
How well did you	How well did you do at connecting with positive and supportive people?					
Not so good	OK	Good	Great	4     0		
1	2	3	4			

#### How have things been socially? (e.g. at work/school/college, at social events, shopping, volunteering in your community, and in groups/clubs you attend.) Very Not so -----Difficult OK Good difficult good 3 2 0 2 1 3 4 1 2 3 4 5 6 7 8

	How were your emotions and feelings?					
Very difficult	Difficult	Not so good	ОК	Good	4	
0	1	2	3	4	1 2 3 4 5 6 7 8	

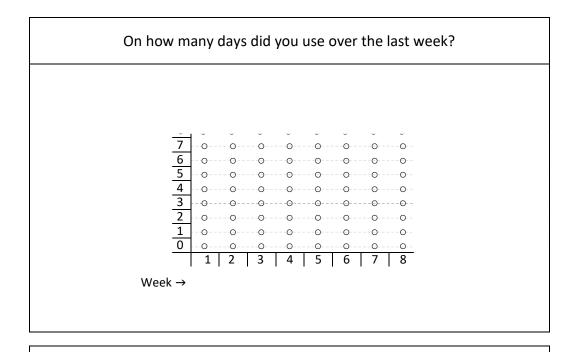


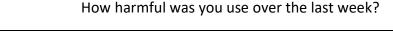
#### ADDICTION TRACKER

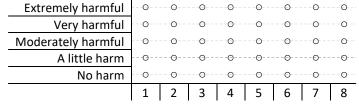


Name:	Start Date:

Complete this tracker once a week to monitor your progress.

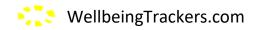






Week →

#### **ROLE WELLBEING TRACKER**

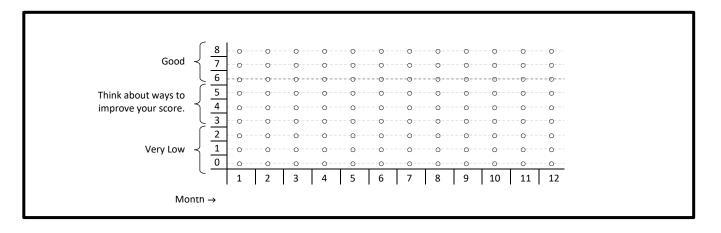


Name:	Start Date:

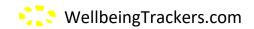
Mark the circle on the chart that best fits your experience in this role

l fee	el supported to	do my work w	vell as a		·
Not at all supported	A little supported	Moderately supported	Very supported	Extremely supported	4 3 2 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0
0	1	2	3	4	1 2 3 4 5 6 7 8

	I enjoy l	peing a			··
Not at all enjoyable	A little enjoyable	Moderately enjoyable	Very enjoyable	Extremely enjoyable	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	4	1 2 3 4 5 6 7 8



### **HEALTHSPAN TRACKER (WEEKLY)**



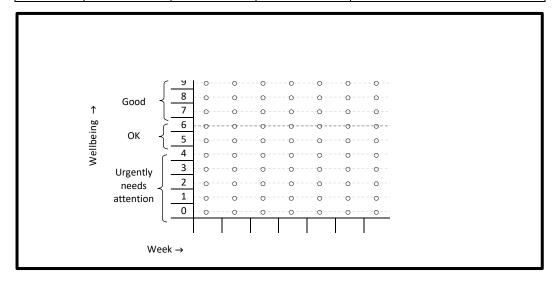
Name:	Start Date:	

Managing your healthspan well will give you a long and healthy life while boosting your mental, emotional and physical wellbeing. Think back <u>over the last week</u> and tick the box that fits best.

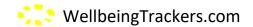
How well did you do at getting enough exercise?				
Not so good	ОК	Good	Great	3 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	1 2 3 4 5 6 7 8

How well did you do at eating healthily, while avoiding snacking, processed food, and junk food?				
Not so good	ОК	Good	Great	3 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0
0	1	2	3	1 2 3 4 5 6 7 8

How	well did you d	o at enjoying	life and keepi	ng your stress levels low?
Not so good	ОК	Good	Great	3 -0 -0 -0 -0 -0 -0 -0 -0 -0 -0 -0 -0 -0
0	1	2	3	1 2 3 4 5 6 7 8



### **HEALTHSPAN TRACKER (DAILY)**



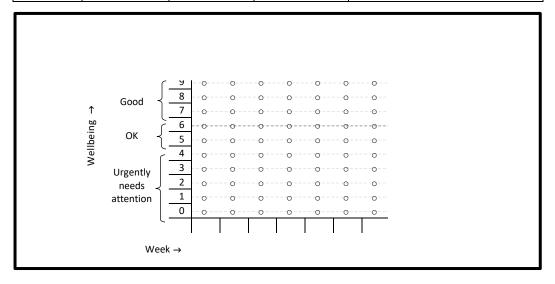
Name:	Start Date:

Managing your healthspan well will give you a long and healthy life while boosting your mental, emotional and physical wellbeing. Think back <u>over the day</u> and tick the box that fits best.

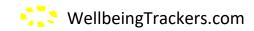
How well did you do at getting enough exercise?								
Not so good	ОК	Good	Great	3 0 0 0 0 0 0 0 0				
0	1	2	3	1 2 3 4 5 6 7 8				

How well did you do at eating healthily, while avoiding snacking, processed food, and junk food?								
Not so good	ОК	Good	Great	3 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0				
0	1	2	3	1 2 3 4 5 6 7 8				

How	How well did you do at enjoying life and keeping your stress levels low?								
Not so good	ОК	Good	Great	3 0 0 0 0 0 0 0					
0	1	2	3	1 2 3 4 5 6 7 8					



#### **RELATIONSHIP TRACKER**



Name:	Relationships with:	Date:
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With regard to this relationship, mark the circle on the chart that describes your experience.

## I feel accepted.

Never, or almost never (0) Rarely (1) Sometimes (2) Often (3)

Always, or almost always (4)

- 0 0 0 0
- 0 - 0
-000
1 2 3 4 5 6 7 8

### I feel accepted.

Never, or almost never (0)

Rarely (1)

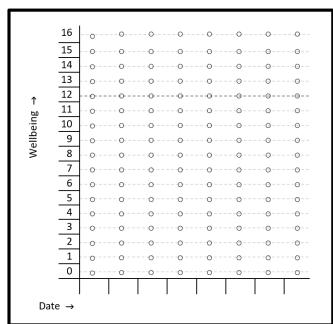
Sometimes (2)

Often (3)

Always, or almost always (4)

4	0-	-0-			0-	0-	0-	0
3	0-	-0-	-0-	-0-	-0-	-0-	0-	0
2	0-	-0-	-0-	-0-	0-	0-	-0-	-0
1	0-	0-	0-	-0-	0-	0-	0-	-0
0	0-	- 0-	-0-	-0-	0-	0-	-0-	-0
	1	2	3	4	5	6	7	8
			'					

#### **Total score**



## I feel accepted.

Never, or almost never (0)

Rarely (1)

Sometimes (2)

Often (3)

Always, or almost always (4)

4	- 0-	-0-	0-	0-	0-	0-	0-	0	
3		0-0	-0-	-0-	-0-	0-	0-	-0	
2	0-	-0-	-0-	-0-	0-	0-	0-	-0	
1	-0-	0-	0-	0-	0-	0-	0-		
0	0-	-0-	-0-					- 0	
					5				
	-	- 1	-		- 1	-			

#### I feel accepted.

Never, or almost never (0)

Rarely (1)

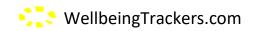
Sometimes (2)

Often (3)

Always, or almost always (4)

4		-0-				0-	-0-	0
3	-0-	-0-	-0-	-0-	0-	-0-	0-	0
2	0-	- 0	-0-	-0-	-0-	0-	-0-	0
1	0-	0-	0-	0-	0-	0-	0-	0
0	0-	- 0	-0-	-0-	0-			0
	1	2	3	4	5	6	7	8
		'				' '		

## WELLBEING TRACKER (WEEKLY)



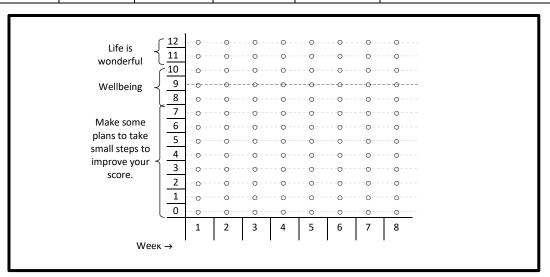
Name:	Start Date:

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

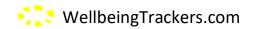
How have things been in close relationships?								
Not so good	ОК	Good	Great	Wonderful	4 - 0 0 0 0 0 0 0 0 0 0 - 0			
0	1	2	3	4	1 2 3 4 5 6 7 8			

How have things been socially?  (e.g. at work/school/college, at social events, shopping, volunteering in your community, and in groups/clubs you attend.)								
Not so good	ОК	Good	Great	Wonderful	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -			
0	1	2	3	4	1 2 3 4 5 6 7 8			

How were your emotions and feelings?								
Not so good	ОК	Good	Great	Wonderful	4 · 0 · 0 · 0 · 0 · 0 · 0 · 0 · 0 · 0 ·			
0	1	2	3	4	1 2 3 4 5 6 7 8			



## WELLBEING TRACKER (DAILY)



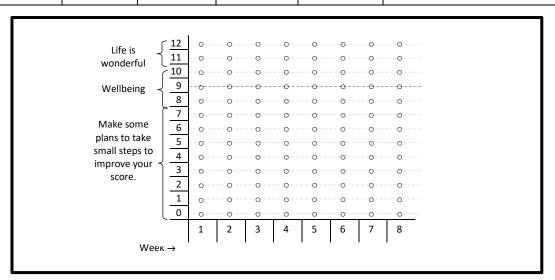
Name:	Start Date:

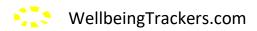
Think back <u>over the day</u> and mark the circle on the chart that best describes your experience.

How have things been in close relationships?					
Not so good	ОК	Good	Great	Wonderful	4 - 0 0 0 0 0 0 0 0 0 0 - 0
0	1	2	3	4	1 2 3 4 5 6 7 8

How have things been socially?  (e.g. at work/school/college, at social events, shopping,					
volunteering in your community, and in groups/clubs you attend.)					
Not so good	ОК	Good	Great	Wonderful	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	4	1 2 3 4 5 6 7 8

How were your emotions and feelings?					
Not so good	ОК	Good	Great	Wonderful	4 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0
0	1	2	3	4	1 2 3 4 5 6 7 8





Name:	Start Date:

Mark the circle on the chart that best describes your experience.

How are you doing at enjoying life (in a healthy way)?					
Not so good	ОК	Good	Great	Exceptional	4   0 - 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 a	re doing at	managing		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 are doing at exercising regularly?					
Not so good	ОК	Good	Great	treeptional	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -
0	1	2	3	4	1 2 3 4 5 6 7 8
		How a	are doing a	it eating we	ell?
Not so good	ОК	Good	Great	Exceptional	4
0	1	2	3	4	1 2 3 4 5 6 7 8
1	Exceptiona Great	$ \begin{cases}     \frac{16}{15} & 0 & 0 & 0 \\     \frac{15}{14} & 0 & 0 & 0 \\     \frac{13}{12} & 0 & 0 & 0 \\     \frac{11}{11} & 0 & 0 & 0 & 0 \end{cases} $		0 0 0 - 0 - 0 - 0 - 0 - 0 -	This chart is not designed to diagnose your wellbeing; rather, it's here to spur you on

# How are you?

## **Family**







## **School**







# **Feelings**







# How are you?

## **Friends**







## **School**







# **Feelings**







