

ROLE WELLBEING TRACKER

Name:	Start Date:
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Mark the circle on the chart that best fits your experience in this role

I feel supported to do my work well as a _____																																																																	
Not at all supported	A little supported	Moderately supported	Very supported	Extremely supported	<table><tr><td>4</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td>3</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td>2</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td>1</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td>0</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td></td></tr></table>	4	○	○	○	○	○	○	○	○	○	3	○	○	○	○	○	○	○	○	○	2	○	○	○	○	○	○	○	○	○	1	○	○	○	○	○	○	○	○	○	0	○	○	○	○	○	○	○	○	○		1	2	3	4	5	6	7	8	
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I enjoy being a _____.																																																																	
Not at all enjoyable	A little enjoyable	Moderately enjoyable	Very enjoyable	Extremely enjoyable	<table><tr><td>4</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td>3</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td>2</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td>1</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td>0</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td><td>○</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td></td></tr></table>	4	○	○	○	○	○	○	○	○	○	3	○	○	○	○	○	○	○	○	○	2	○	○	○	○	○	○	○	○	○	1	○	○	○	○	○	○	○	○	○	0	○	○	○	○	○	○	○	○	○		1	2	3	4	5	6	7	8	
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Think about ways to improve your score.	Good	8	○	○	○	○	○	○	○	○	○	○	○	○	○
		7	○	○	○	○	○	○	○	○	○	○	○	○	○
	Very Low	6	○	○	○	○	○	○	○	○	○	○	○	○	○
		5	○	○	○	○	○	○	○	○	○	○	○	○	○
		4	○	○	○	○	○	○	○	○	○	○	○	○	○
		3	○	○	○	○	○	○	○	○	○	○	○	○	○
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0	○	○	○	○	○	○	○	○	○	○	○	○	○		
		1	2	3	4	5	6	7	8	9	10	11	12		
Month →															

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

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.

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