www.WellbeingTrackers.com

Wellbeing is your natural state.

Physical Wellbeing Tracker

Name: _____ Date: _____

Think back over the last day/week/month and tick the box that fits best.

	Never	Rarely	Sometimes	Often	Always	
You felt tired.	0	1	2	3	4	
You had aches and pains.	0	1	2	3	4	Total Score

Create Wellbeing.

www.WellBeingTrackers.com

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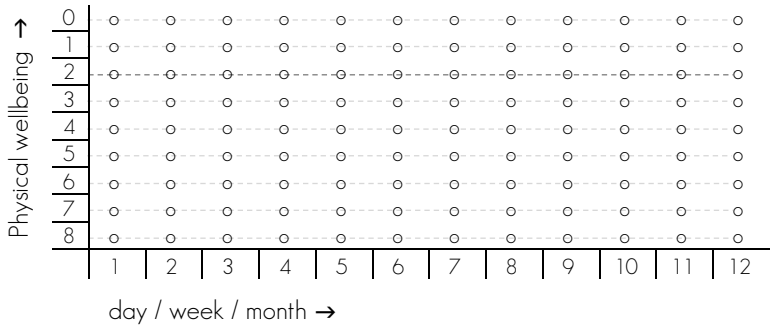
Wellbeing is your natural state.

Physical Wellbeing Tracker

Name: _____

Start Date: _____



Feedback is a safe conversation about something important.

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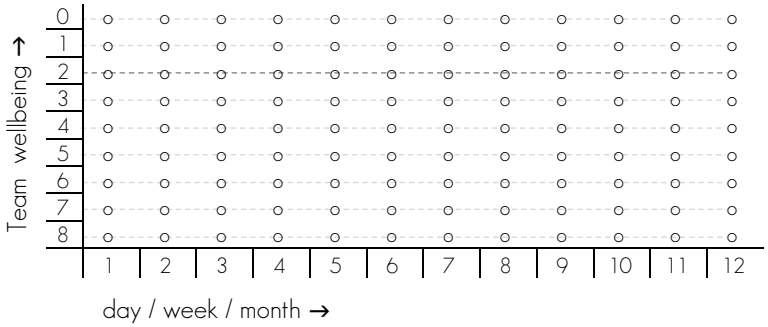
Wellbeing is your natural state.

Physical Wellbeing Team Tracker

Team: _____

Start Date: _____



Consult as a team and think of a small, practical step you can take to improve your team score.

Energy, Awareness. Focus.

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IMPORTANT INFORMATION

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Instructions

Step 1: Answer the questions on the Tracker.
Step 2: Add up your total score.
Step 3: Plot your total score on the chart.
Step 4: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

Consider sharing and discussing your Tracker with friends and family.

Consider using the Tracker as a part of a Wellbeing Team.

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. For example, if you feel the choice that best describes your experience is in between "Sometimes" and "Often" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use this Tracker, or any of the Wellbeing and Recovery Trackers, use it in a way that feels right to you – that's the key!
3. When you are doing well on this Tracker considering moving on the another one so you can develop all the aspects of your wellbeing.

Instructions for Team Trackers

Step 1: Add up the team's total scores. Calculate the average by dividing this number by the number of members of the team.

Step 2: Plot the average on the chart and reflect on your progress as a Wellbeing Team. If the team feels it would be helpful you can also chart the highest and lowest scores as well as the average.

Step 3: Consult as a team and come up with ideas to improve the score on the chart by one point.

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Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

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