www.WellbeingTrackers.com

Wellbeing is your natural state.

Team Wellbeing Tracker

Name: _____

Team: _____

Date: _____

Tick the box that best describes your experience of being a part of this team.

	Not at all	A little	Moderately	A lot	Extremely	
The purpose of this team is important to me.	0	1	2	3	4	
The way we are working together feels right to me.	0	1	2	3	4	
I feel supported and respected by the team.	0	1	2	3	4	Total Score

If you wish, share what you liked about being a part of this team and what might make your experience even better.

Experience wellbeing every day.

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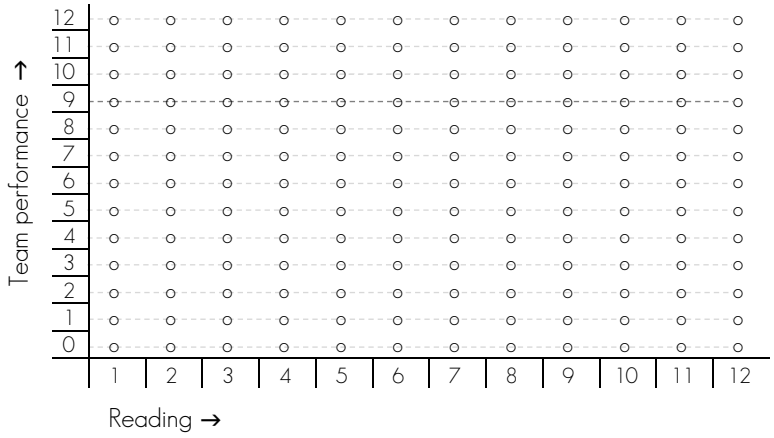
Wellbeing is your natural state.

Team Wellbeing Tracker

Name: _____

Team: _____

Date: _____



Feedback is a safe conversation about something important.

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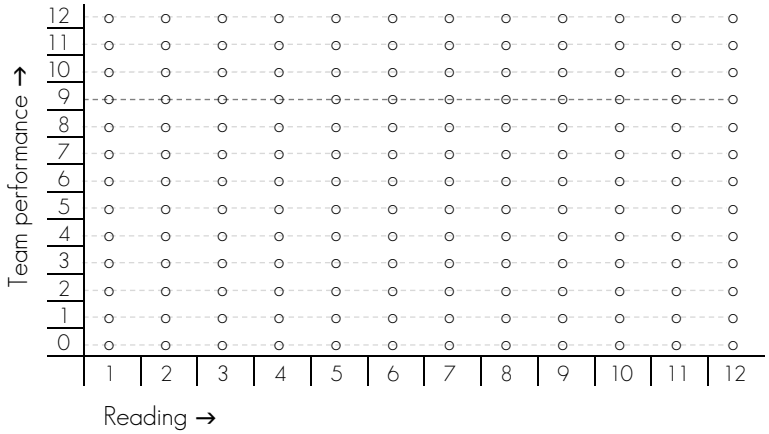
Team Wellbeing Team Tracker

Team: _____

Start Date: _____



Consult together as a team and develop a small, practical step the team can take to improve the score on the above chart by one point.

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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 supportive friends.

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 "Moderately" and "A lot" 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 use it in a way that feels good to everyone involved – that's the key!

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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