Wellbeing Tracker

Name: _____

Date: _____

How have you been feeling over the past week?

Yuck! Just OK Good Awesome!

What were some of the good things that happened over the past week?

What were some of the things you didn't like about the past week?

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Children's Wellbeing Tracker
www.WellbeingTrackers.com

Wellbeing Tracker

Name: _____

Date: _____

Awesome!	☐	☐	☐	☐	☐	☐	☐
Good	☐	☐	☐	☐	☐	☐	☐
Just OK	☐	☐	☐	☐	☐	☐	☐
Yuck!	☐	☐	☐	☐	☐	☐	☐

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Wellbeing Team Tracker

Team: _____

Start Date: _____

Awesome!	☐	☐	☐	☐	☐	☐	☐
Good	☐	☐	☐	☐	☐	☐	☐
Just OK	☐	☐	☐	☐	☐	☐	☐
Yuck!	☐	☐	☐	☐	☐	☐	☐

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IMPORTANT INFORMATION

Read this page before using the Tracker.

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Instructions

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

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Instructions for Team Trackers

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

Step 2: Plot the average on the team chart and reflect on your progress as a 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 team chart by one point.

Wellbeing Trackers for Children

www.WellbeingTrackers.com

Create Wellbeing.

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