www.WellbeingTrackers.com

Wellbeing is your natural state.

Recovery Tracker

Name: _____ Date: _____

When you are recovering from a difficult time in your life it is helpful to track and reflect on your progress each week.

Think back over the last week and tick the box that best describes your experience.

	Very difficult	Difficult	Not so good	OK	Good	
How have things been in close relationships?	0	1	2	3	4	
How have things been socially? (e.g. at work/school/college, volunteering in your community, at social events and in groups/clubs you are a part of.)	0	1	2	3	4	
How were your emotions and feelings?	0	1	2	3	4	

Total Score

For more helpful recovery tools and informational booklets visit our website.

www.WellbeingTrackers.com

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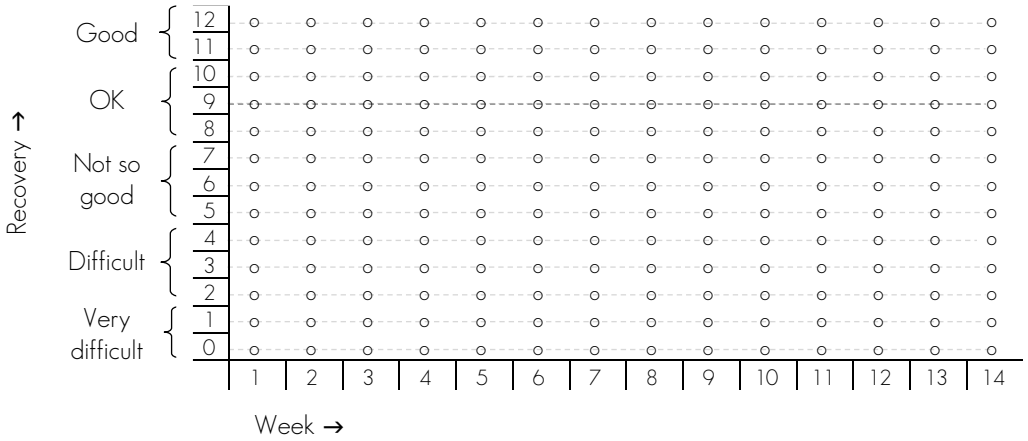
Recovery Tracker

Name: _____

Start date: _____ (week one)



Feedback is a safe conversation about something important.

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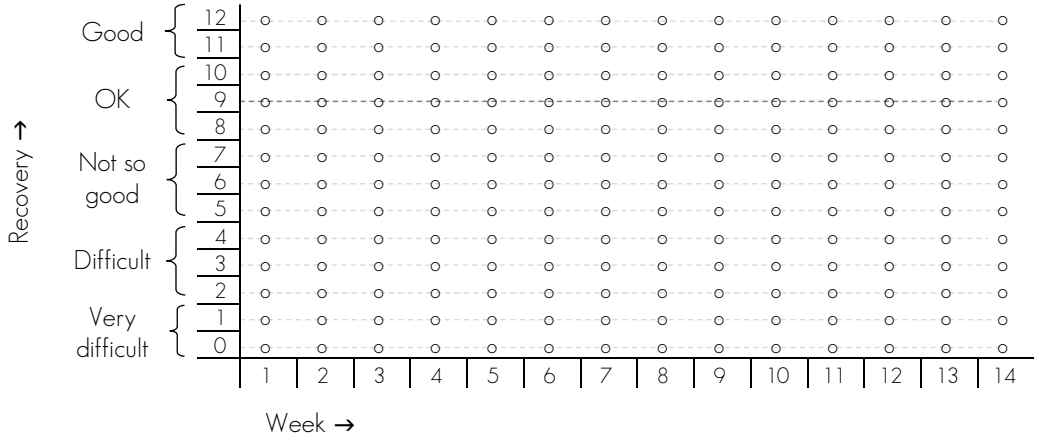
Recovery Team Tracker

Team: _____

Start date: _____ (week one)



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

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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 and think of a small, practical step you can take to improve your score.
Step 5: Repeat steps 1-4 each week.

Consider discussing your Recovery Tracker with supportive friends and family.

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

While you are recovering it is important to focus on increasing the strengths, supports and resources you are connecting with. This is called building your recovery capital.

When you are feeling better consider progressing on to a Wellbeing Tracker. There are many different ones to choose from and they are available from our website.

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 "OK" and "Good" then put a mark between them and score it as "3.5".
2. If you feel more than one answer applies mark your score as their average. For example, if you feel some of your close relationships are best described as "OK" and some are best described as "difficult" then place your score on the average , in this case, "not so good".
3. If you are using the Recovery Tracker and you are doing well on most of the questions but there is one specific area that you are struggling in, it might be time to move on to Wellbeing Tracker that focuses on that area. For example, if you are doing well in most areas of your life but having difficulties at work then you may find it helpful to progress on to the Career Tracker. Another example would be if you are doing well generally but a specific relationship is difficult then it might be good progress on to the Relationship Tracker.
4. Another tip is that whatever way you use the Recovery Tracker, or any of the tools available from www.WellbeingTrackers.com, use it in a way that feels right to you – that's the key!

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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 recovery 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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IMPORTANT INFORMATION

Read this page before using the Recovery Tracker.

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2. The Recovery Tracker is not to be used for professional advice. You should not rely on the Recovery Tracker as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. *If you have a mental health, addiction or physical health concern you should consult with the relevant professionals for support and guidance.*
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7. The Recovery Tracker is not for the treatment of mental health, addiction or physical health problems. If you have a mental health, addiction or physical health problem consult with the appropriate professional. If you wish you may use Recovery Trackers and Wellbeing Trackers as an integrated part of treatment or as a complimentary support for treatment.
8. Wellbeing and Recovery Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian.

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