Event Tracker

Please rate this event by placing a tick in the box that best describes your experience.

	Not at all	A little	Moderately	A lot	Extremely		
It was a positive experience, for example, fun, interesting, enjoyable or helpful.	0	1	2	3	4		
It was in some way unpleasant, for example, boring, confusing or uncomfortable.	4	3	2	1	0	R	Total Score

If you wish, share what you liked about this event and ways it could be even better.

Experience wellbeing every day.

www.WellbeingTrackers.com

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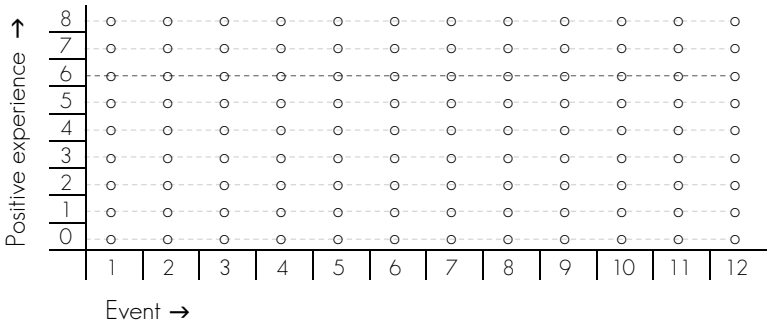
Wellbeing is your natural state.

Event Tracker

Event: _____

Start Date: _____



Instructions:

1. Plot the average total score of the event participants and reflect on your progress.
2. Try to improve the score for the next event.

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Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

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