www.WellbeingTrackers.com

Wellbeing is your natural state.

Couple's Wellbeing Tracker

Name: _____ Date: _____

Tick the box that best describes your experience.

	Never	Rarely	Sometimes	Frequently	Almost Always		
Being in this relationship is difficult, stressful or hurtful.	4	3	2	1	0	R	
Being in this relationship is a positive experience.	0	1	2	3	4		Total Score

If you wish, share what you like about this relationship and what might make it better.

Create Wellbeing.

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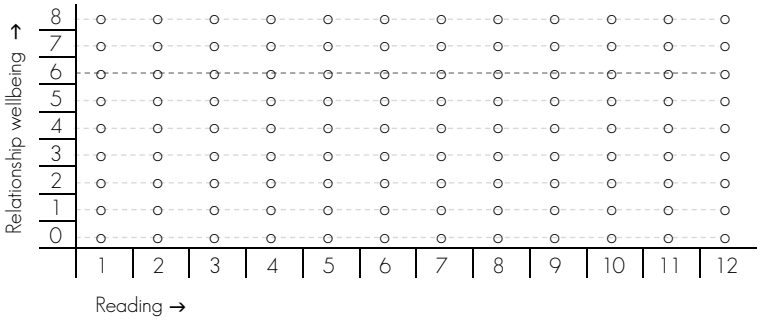
Wellbeing is your natural state.

Couple's Wellbeing Tracker

Name: _____

Start date: _____



Feedback is a safe conversation about something important.

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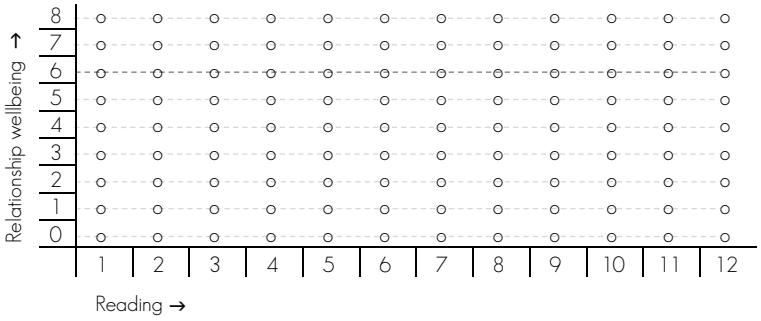
Wellbeing is your natural state.

Couple's Wellbeing Team Tracker

Couple: _____

Start date: _____



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

Consider sharing and discussing your Tracker with friends.

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.
2. The most important thing is that whatever way you use this Tracker use it in a way that you feel will work for 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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