www.WellbeingTrackers.com

Wellbeing is your natural state.

Training Tracker

Training: _____ Date: _____

Please rate today's training by placing a tick in the box that best describes your experience.

	Not at all	A little	Moderately	A lot	Extremely		
It was interesting.	0	1	2	3	4		
It was enjoyable.	0	1	2	3	4		
It was helpful.	0	1	2	3	4		
It was unpleasant, e.g., boring, uncomfortable or confusing.	4	3	2	1	0	R	Total Score

If you wish, share what you liked about the training and ways it might be even better.

Experience wellbeing every day.

www.WellBeingTrackers.com

This tool is free for all to use and share. You are wholly responsible for your use of it.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey

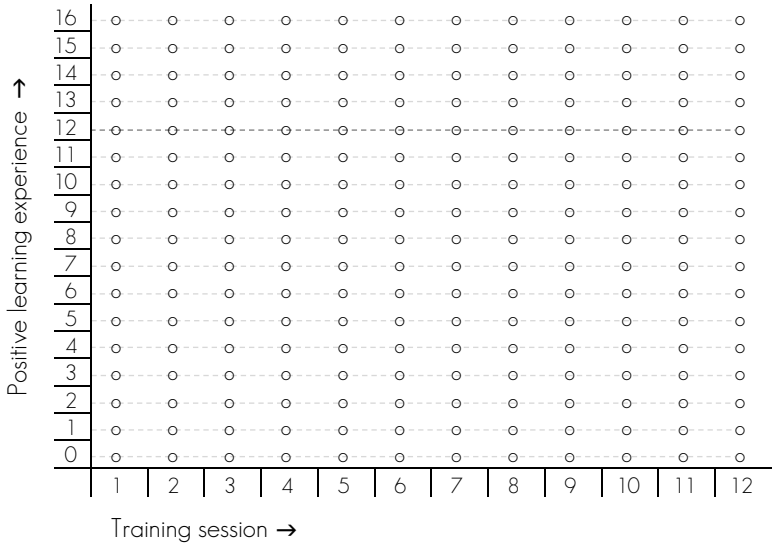
www.WellbeingTrackers.com

Wellbeing is your natural state.

Training Tracker

Training: _____

Start Date: _____



Instructions:

1. Read the feedback on the Trackers.
2. Chart the average, highest and lowest total scores of the training participants.
3. Reflect on the chart and think of a small, practical step you can take to increase these scores.

www.WellbeingTrackers.com

This tool is free for all to use and share. You are wholly responsible for your use of it.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey

IMPORTANT INFORMATION

Read this page before using this Tracker.

Disclaimer

1. The creator of this tool, i.e. Tracker, is not responsible for, and expressly disclaims all liability for, damages or harm of any kind arising out of use, reference to, or reliance on it. Any reliance you place on this tool is strictly at your own risk.
2. This Tracker is not to be used for professional advice. You should not rely on this tool as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health or physical health concern you should consult with the relevant medical professionals for support and guidance.
3. The information, including any recommendations, on this tool only represent the author's opinion and are not to be taken as professional advice. You should not rely on this information as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health or physical health concern you should consult with the relevant medical professionals for support and guidance.
4. No assurance of any kind is given that using this tool will improve a person's wellbeing or have any positive impact on them.
5. You are wholly responsible for how you use Recovery Trackers and Wellbeing Trackers.
6. The creator of the Wellbeing Trackers, Recovery Trackers, informational booklets and tools available from the website – www.WellbeingTrackers.com - takes no responsibility for how you use them or any consequences of your use of them. This disclaimer applies fully to this tool and PDF document.
7. Recovery Trackers and Wellbeing Trackers, which includes this tool, are 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 professionals for support and guidance. 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.

Permissions

1. These tools are free for all to use and share.
2. You do not have permission to alter these feedback tools, the protected cells of the MS-Excel spreadsheets and electronic PDF documents, in any way.
3. You do not have permission to create a digital version this tool or and any of the feedback tools and forms that are the Wellbeing and Recovery Trackers.
4. You do not have permission to copy all or any portion of the PDF files or MS-Excel files into any other documents or files. You must get permission from the copyright holder before doing this.

Copyright © 2014-2020 Gearóid Carey

Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

www.WellbeingTrackers.com

This tool is free for all to use and share. You are wholly responsible for your use of it.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey