Self-Tracking Progress Charts

Contents

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Instructions

1. Choose how frequently you want to use the self-tracking tool, for example, daily, weekly, monthly or quarterly. Write this in the "Frequency" box at the top of the page.
2. Answer the questions by thinking back over the timeframe you have chosen. For example, if you have chosen a timeframe of "weekly" then answer each question by thinking about how you have been doing in that area of your life over the past week.
3. Plot your answers, i.e. the number you selected from the scale, on the chart beside the question.
4. Add up all the answers and plot your total score on the chart at the bottom of the page.
5. Think of some simple and practical things you can do to improve your scores.
6. Repeat step 2-5 regularly.

Guidance

- Consider discussing your charts with a supportive friend and coming up with some ideas for progressing.
- Invest time developing the strengths, supports and resources that can help you achieve your recovery goals. Connect with support and resources you feel good about.
- If you are going through a difficult time in your life start off with the Recovery Charts page. When you are feeling better progress on to using the Wellbeing Charts page.
- These tools are for self-tracking your recovery and wellbeing. They can also be used for coaching or peer-mentoring sessions. If you are using them for that purpose consider using the Collaborative Session Charts at the end of each mentoring or coaching session.
- Version 2 of the Recovery and Wellbeing Charts may be helpful in prisons, during early recovery from addiction or with recovery from homelessness.
- When you are consistently scoring 40 or above on the recovery chart it may be time to move on to the wellbeing charts.
- The number one rule for using these tools is to use them in a way that works for you. So long as you feel the way you are using them is meaningful and a good fit for you then you are on the right track. 😊

Disclaimer

- Any reliance you place on these tools is strictly at your own risk.
- If you have a mental health, physical health, addiction or wellbeing concern consult with appropriate professionals for advice, guidance and support.

Permissions

- You have permission to use and share this document.
- You have permission to make changes to this document, so it works just right for you and helps you to achieve whatever you want to achieve from using it.

Self-Tracking Recovery Progress Charts

Name: Robin Kelly	Start date: May 7th	Frequency: Weekly

How have things been in your personal sense of wellbeing?

Consider how you have been doing in your emotions and feelings.

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How have things been in close relationships?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How have things been in social settings?

Consider how you have been doing at work/school/college, as social events and in groups or clubs you attend.

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How did you do at keeping your stress levels low?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How supported have you felt in your recovery?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not at all Moderately Very

Overall, how have you been feeling?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Distressed Stressed OK Good

Instructions:

Answer the questions by thinking back over the timeframe you have chosen. For example, if you have chosen a timeframe of "weekly" then answer each question by thinking about how you have been doing over the past week.

Reflect on your progress charts and think of some small, practical steps you can take to improve your score.

Recovery →

55-60
50-54
45-49
40-44
35-39
30-34
25-29
20-24
15-19
10-14
5-9
0-4

Self-Tracking Wellbeing Progress Charts

Name:	Start date:	Frequency:

How have things been in your personal sense of wellbeing?

Consider how you have been doing in your emotions and feelings.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

OK Good Great

How have things been in close relationships?

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

OK Good Great

How have things been in social settings?

Consider how you have been doing at work/school/college, as social events and in groups or clubs you attend.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

OK Good Great

Role:

How supported do you feel in this role?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not at all A little A lot

How much do you enjoy this role?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not at all A little A lot

Overall, how have you been feeling?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Stressed OK Good Great

Instructions:

Answer the questions by thinking back over the timeframe you have chosen. For example, if you have chosen a timeframe of "weekly" then answer each question by thinking about how you have been doing over the past week.

Reflect on your progress charts and think of some small, practical steps you can take to improve your score.

Wellbeing →

55-60
50-54
45-49
40-44
35-39
30-34
25-29
20-24
15-19
10-14
5-9
0-4

Self-Tracking Recovery Progress Charts (version 2)

Name:	Start date:	Frequency:

How have things been in your personal sense of wellbeing?

Consider how you have been doing your emotions and feelings.

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How have you done at connecting with positive, supportive people?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How have things been in social settings?

Consider how you have been doing at work/school/college, as social events and in groups or clubs you attend.

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How did you do at keeping your stress levels low?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How supported have you felt in your recovery?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not at all Moderately Very

Overall, how have you been feeling?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Distressed Stressed OK Good

Instructions:

Answer the questions by thinking back over the timeframe you have chosen. For example, if you have chosen a timeframe of "weekly" then answer each question by thinking about how you have been doing over the past week.

Reflect on your progress charts and think of some small, practical steps you can take to improve your score.

Recovery →

55-60
50-54
45-49
40-44
35-39
30-34
25-29
20-24
15-19
10-14
5-9
0-4

Self-Tracking Wellbeing Progress Charts (version 2)

Name:	Start date:	Frequency:

How have things been in your personal sense of wellbeing?

Consider how you have been doing your emotions and feelings.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

OK Good Great

How have you done at connecting with positive, supportive people?

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

OK Good Great

How have things been in social settings?

Consider how you have been doing at work/school/college, as social events and in groups or clubs you attend.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

OK Good Great

Role:

How supported do you feel in this role?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not at all A little A lot

How much do you enjoy this role?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not at all A little A lot

Overall, how have you been feeling?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Stressed OK Good Great

Instructions:

Answer the questions by thinking back over the timeframe you have chosen. For example, if you have chosen a timeframe of "weekly" then answer each question by thinking about how you have been doing over the past week.

Reflect on your progress charts and think of some small, practical steps you can take to improve your score.

Wellbeing →

55-60
50-54
45-49
40-44
35-39
30-34
25-29
20-24
15-19
10-14
5-9
0-4

Self-Tracking Healthspan Progress Charts

Name:	Start date:	Frequency:

How well have you done at keeping you stress levels low?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How well have you done at enjoying life?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How well have you done at eating fresh fruits and vegetables?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How well have you done at getting regular exercise?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How well have you done at connecting with positive people?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

How well have you done at having a strong sense of meaning and purpose your life?

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not so good OK Good

Instructions:

You healthspan is the portion of your life that you are in good health.

Reflect on your progress charts and think of some small, practical steps you can take to improve your score.

Healthspan →

55-60
50-54
45-49
40-44
35-39
30-34
25-29
20-24
15-19
10-14
5-9
0-4

Collaborative Session Charts

Name:	Start date:	Session:

Think about today's session and chart the numbers that most closely match your experience.

You felt listened to and understood

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not at all Somewhat Very

	1	2	3	4	5	6	7	8	9	10	11	12
10												
9												
8												
7												
6												
5												
4												
3												
2												
1												
0												

Session →

You felt listened to and understood

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Not at all Somewhat Very

	1	2	3	4	5	6	7	8	9	10	11	12
10												
9												
8												
7												
6												
5												
4												
3												
2												
1												
0												

Session →

Instructions:

At the end of each session discuss the chart. Talk about what was positive about the session and ways the next session can be even more productive.

Helpfulness of session →

	1	2	3	4	5	6	7	8	9	10	11	12
19-20												
17-18												
15-16												
13-14												
11-12												
9-10												
7-8												
5-6												
3-4												
1-2												
0												

Session →

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www.WellbeingTrackers.com