How well supported in your recovery did you feel today?

Extremely						
A lot						
Moderately						
A little						
Not at all						

Fold and glue tab.

Overall, how did feel today?

Great						
Good						
OK						
Stressed						
Distressed						

How have thing been in close relationships today?

Good						
OK						
Not so good						
Difficult						
Very difficult						

Fold and glue tab.

How have things been in social settings today?

For example, at work/school/college, at social events, while volunteering, and in groups you are a part of?

Good						
OK						
Not so good						
Difficut						
Very difficult						

Fold and glue tab.

How did you do at keeping your stress levels low today?

Excellent						
Great						
Good						
OK						
Not so good						

Fold and glue tab.

Fold and glue tab.

Recovery Cube

www.WellbeingTrackers.com

Fold and glue tab.

Fold and glue tab.

DISCLAIMER: Any reliance you place on this self-tracking tool 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.