Family Tracker

Name: _____

Date: _____

What are things like with your family?

Yuck! Just OK Good Awesome!

What do you like about your family?

What are the things you don't like about your family?

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Children's Wellbeing Tracker

www.WellbeingTrackers.com

Family Tracker

Name: _____

Date: _____

Awesome!	☐	☐	☐	☐	☐	☐	☐
Good	☐	☐	☐	☐	☐	☐	☐
Just OK	☐	☐	☐	☐	☐	☐	☐
Yuck!	☐	☐	☐	☐	☐	☐	☐

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Children's Wellbeing Tracker

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Family Team Tracker

Team: _____

Start Date: _____

Awesome!	☐	☐	☐	☐	☐	☐	☐
Good	☐	☐	☐	☐	☐	☐	☐
Just OK	☐	☐	☐	☐	☐	☐	☐
Yuck!	☐	☐	☐	☐	☐	☐	☐

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IMPORTANT INFORMATION

Read this page before using the Tracker.

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Instructions

Step 1: Answer the question on the Tracker.
Step 2: Plot your score on the chart.
Step 3: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

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Instructions for Team Trackers

Step 1: Add up the team's scores. Calculate the average by dividing this number by the number of members of the team.

Step 2: Plot the average on the team chart and reflect on your progress as a 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 team chart by one point.

Wellbeing Trackers for Children

www.WellbeingTrackers.com

Create Wellbeing.

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