www.WellbeingTrackers.com

Wellbeing is your natural state.

Volunteer Wellbeing Tracker

Name: _____

Project: _____

Date: _____

With regard to volunteering, tick the box that best describes your experience.

	Not at all	A little	Moderately	A lot	Extremely	
You enjoy being a volunteer.	0	1	2	3	4	
You feel your work as a volunteer is meaningful and makes a difference.	0	1	2	3	4	
You are getting the support you need in order to do your work well.	0	1	2	3	4	
Your work as a volunteer is helping you with personal goals. For example, gaining work experience, developing new skills and meeting new people.	0	1	2	3	4	Total Score

If you wish, share what you like about volunteering and what might make it even better.

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Volunteer Wellbeing Tracker

Name: _____

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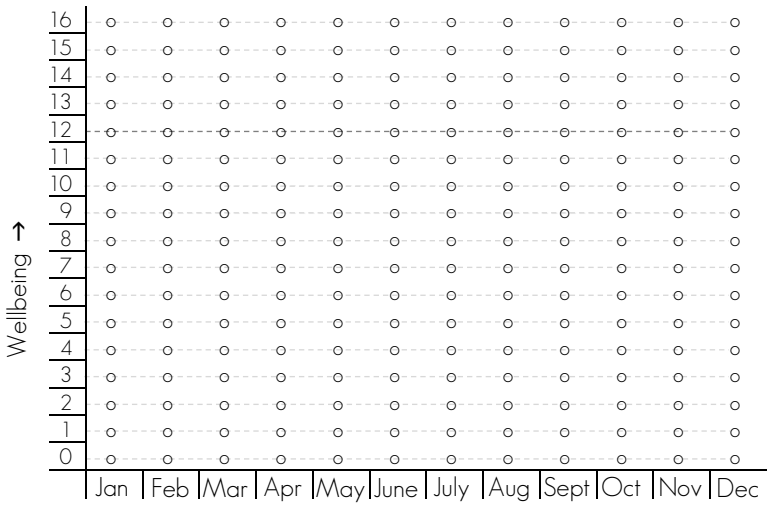

Feedback is a safe conversation about something important.

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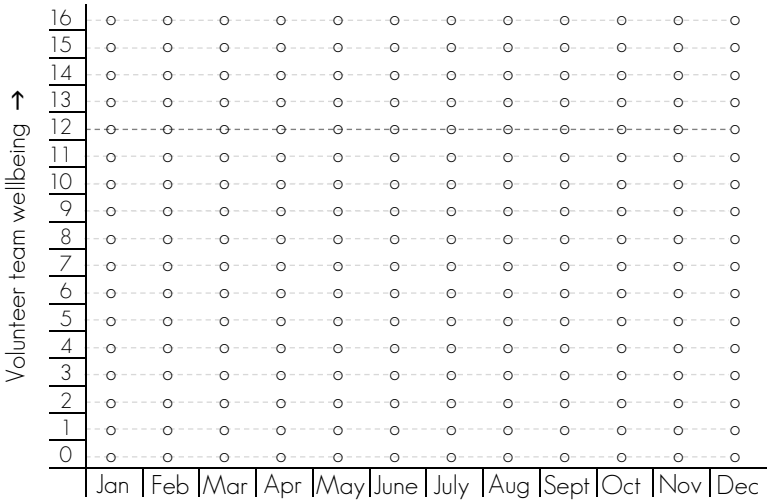
Wellbeing is your natural state.

Volunteer Wellbeing Team Tracker

Team: _____

Project: _____

Date: _____



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

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IMPORTANT INFORMATION

Read this page before using this Tracker.

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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. For example, if you feel the choice that best describes your experience is in between "Moderately" and "A lot" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use this Tracker use it in a way that feels right to 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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