www.WellbeingTrackers.com

Wellbeing is your natural state.

Wellbeing Tracker
(brief version)

Name: _____

Date: _____

Time: _____

How are you feeling?

Distressed	Stressed	Just OK	Feeling good	Life is wonderful

Energy. Awareness. Focus.

www.WellbeingTrackers.com

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Wellbeing is your natural state.

Wellbeing Tracker
(brief version)

Name: _____

Start Date: _____

	1	2	3	4	5	6	7	8	9	10	11	12
Wonderful	o	o	o	o	o	o	o	o	o	o	o	o
Feeling good	o	o	o	o	o	o	o	o	o	o	o	o
Just OK	o	o	o	o	o	o	o	o	o	o	o	o
Stressed	o	o	o	o	o	o	o	o	o	o	o	o
Distressed	o	o	o	o	o	o	o	o	o	o	o	o

Reading →

Experience wellbeing in every moment.

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Wellbeing is your natural state.

Wellbeing Team Tracker
(brief version)

Team: _____

Start Date: _____

	1	2	3	4	5	6	7	8	9	10	11	12
Wonderful	o	o	o	o	o	o	o	o	o	o	o	o
Feeling good	o	o	o	o	o	o	o	o	o	o	o	o
Just OK	o	o	o	o	o	o	o	o	o	o	o	o
Stressed	o	o	o	o	o	o	o	o	o	o	o	o
Distressed	o	o	o	o	o	o	o	o	o	o	o	o

Reading →

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

Empowering People. Creating Wellbeing.

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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: Plot your 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.
2. The most important thing is that whatever way you use this Tracker, or any of the Wellbeing and Recovery Trackers, use it in a way that feels right to you – that's the key!

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Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

www.WellbeingTrackers.com

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