www.WellbeingTrackers.com

Wellbeing is your natural state.

Physical Wellbeing Tracker

Name: _____ Date: _____

How does your body feel now?

Unwell	Just OK	Good	Great	Exuberant

Energy. Awareness. Focus.

www.WellBeingTrackers.com

This tool is free for all to use and share. You are wholly responsible for your use of it.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey

www.WellbeingTrackers.com

Wellbeing is your natural state.

Physical Wellbeing Team Tracker

Name: _____

Start Date: _____

	1	2	3	4	5	6	7	8	9	10	11	12
Exuberant	o	o	o	o	o	o	o	o	o	o	o	o
Great	o	o	o	o	o	o	o	o	o	o	o	o
Good	o	o	o	o	o	o	o	o	o	o	o	o
OK	o	o	o	o	o	o	o	o	o	o	o	o
Poor	o	o	o	o	o	o	o	o	o	o	o	o

Reading →

Create Wellbeing.

www.WellBeingTrackers.com

This tool is free for all to use and share. You are wholly responsible for your use of it.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey

IMPORTANT INFORMATION

Read this page before using this Tracker.

Disclaimer

1. The creator of this tool, i.e. Tracker, is not responsible for, and expressly disclaims all liability for, damages or harm of any kind arising out of use, reference to, or reliance on it. Any reliance you place on this tool is strictly at your own risk.
2. This Tracker is not to be used for professional advice. You should not rely on this tool as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. *If you have a mental health or physical health concern you should consult with the relevant medical professionals for support and guidance.*
3. The information, including any recommendations, on this tool only represent the author's opinion and are not to be taken as professional advice. You should not rely on this information as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health or physical health concern you should consult with the relevant medical professionals for support and guidance.
4. No assurance of any kind is given that using this tool will improve a person's wellbeing or have any positive impact on them.
5. You are wholly responsible for how you use Recovery Trackers and Wellbeing Trackers.
6. The creator of the Wellbeing Trackers, Recovery Trackers, informational booklets and tools available from the website – www.WellbeingTrackers.com - takes no responsibility for how you use them or any consequences of your use of them. This disclaimer applies fully to this tool and PDF document.
7. Recovery Trackers and Wellbeing Trackers, which includes this tool, are not for the treatment of mental health, addiction or physical health problems. If you have a mental health, addiction or physical health problem consult with the appropriate professionals for support and guidance. If you wish you may use Recovery Trackers and Wellbeing Trackers as an integrated part of treatment or as a complimentary support for treatment.
8. Wellbeing and Recovery Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian.

Permissions

1. These tools are free for all to use and share.
2. You do not have permission to alter these feedback tools, the protected cells of the MS-Excel spreadsheets and electronic PDF documents, in any way.
3. You do not have permission to create a digital version this tool or and any of the feedback tools and forms that are the Wellbeing and Recovery Trackers.
4. You do not have permission to copy all or any portion of the PDF files or MS-Excel files into any other documents or files. You must get permission from the copyright holder before doing this.

Copyright © 2014-2020 Gearóid Carey

Instructions

Step 1: Answer the question 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.

Tips

1. 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!
2. When you are doing well on this Tracker considering moving on the another one so you can develop all the aspects of your wellbeing.

This tool is free for all to use and share. You are wholly responsible for your use of it.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey

Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

www.WellbeingTrackers.com

This tool is free for all to use and share. You are wholly responsible for your use of it.
The creator of this tool takes no responsibility for how you use it or any consequences of your use of it.
Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey