Mental Health Recovery Tracker

Name: _____ Date: _____

When you are recovering from a mental health concern it is helpful to track your progress each week. Tick the box that most closely describes your experience.

	0	1	2	3	4	5	6	7
How many days did the symptoms of your mental health concern occur over the past 7 days?								

Over the past 7 days, how negatively have the symptoms of your mental health concern impacted your life?

- ☐ Not at all.
- ☐ A little.
- ☐ Moderately.
- ☐ A lot.
- ☐ Extremely.

Guidelines:

- If you haven't had any symptoms in the past 7 days tick "not at all".
- If you haven't had any symptoms in a while it might be time to progress on to another Wellbeing or Recovery Tracker. There are lots to choose from.
- This Tracker can help you reduce the frequency of symptoms and they may stop occurring entirely. However, the primary purpose of this Tracker is not that you would never experience any symptoms but that they would not significantly impact your life in a negative way.
- It is important to focus both on reducing the frequency of symptoms *and* reducing how negatively they impact on your life.

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www.WellbeingTrackers.com

Wellbeing is your natural state.

Mental Health Recovery Tracker

Name: _____

Start date: _____

Frequency

	1	2	3	4	5	6	7	8	9	10	11	12
Everyday	o	o	o	o	o	o	o	o	o	o	o	o
6 days	o	o	o	o	o	o	o	o	o	o	o	o
5 days	o	o	o	o	o	o	o	o	o	o	o	o
4 days	o	o	o	o	o	o	o	o	o	o	o	o
3 days	o	o	o	o	o	o	o	o	o	o	o	o
2 days	o	o	o	o	o	o	o	o	o	o	o	o
1 day	o	o	o	o	o	o	o	o	o	o	o	o
None	o	o	o	o	o	o	o	o	o	o	o	o

Week →

Level of negative impact on your life

	1	2	3	4	5	6	7	8	9	10	11	12
Extreme	o	o	o	o	o	o	o	o	o	o	o	o
A lot	o	o	o	o	o	o	o	o	o	o	o	o
Moderate	o	o	o	o	o	o	o	o	o	o	o	o
A little	o	o	o	o	o	o	o	o	o	o	o	o
Not at all	o	o	o	o	o	o	o	o	o	o	o	o

Week →

If you wish, write down the mental health symptoms that concern you, for example, depression, anxiety, panic attacks, anorexia, delusions, hallucinations, hearing voices, flashbacks or mood swings. Write down where and when these symptoms occur. Write down how they negatively impact your life. Make some plans to engage with supports and strengths that will help. You may wish to journal about what is helping you recover and improve your quality of life.

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Wellbeing is your natural state.

Mental Health Recovery Team Tracker

Team: _____

Start date: _____

Frequency

	1	2	3	4	5	6	7	8	9	10	11	12
Everyday	o	o	o	o	o	o	o	o	o	o	o	o
6 days	o	o	o	o	o	o	o	o	o	o	o	o
5 days	o	o	o	o	o	o	o	o	o	o	o	o
4 days	o	o	o	o	o	o	o	o	o	o	o	o
3 days	o	o	o	o	o	o	o	o	o	o	o	o
2 days	o	o	o	o	o	o	o	o	o	o	o	o
1 day	o	o	o	o	o	o	o	o	o	o	o	o
No use	o	o	o	o	o	o	o	o	o	o	o	o

Week →

Level of negative impact

	1	2	3	4	5	6	7	8	9	10	11	12
extreme	o	o	o	o	o	o	o	o	o	o	o	o
a lot	o	o	o	o	o	o	o	o	o	o	o	o
moderate	o	o	o	o	o	o	o	o	o	o	o	o
a little	o	o	o	o	o	o	o	o	o	o	o	o
not at all	o	o	o	o	o	o	o	o	o	o	o	o

Week →

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

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IMPORTANT INFORMATION

Read this page before using the Mental Health Recovery Tracker.

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Instructions

Step 1: Answer the questions on the tracker.
Step 2: Plot your scores on the charts.
Step 3: 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 supportive friends and family.

When you are feeling better consider progressing on to another Wellbeing or Recovery Tracker. There are many different types to choose and they are available from our website.

Tip

Whatever way you use the Mental Health Recovery Tracker, or any of the Wellbeing and Recovery Trackers, use it in a way that feels right to you – that's the key!

Instructions for Team Trackers

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

Step 2: Plot the averages on the charts and reflect on your progress as a recovery team. If the team feels it would be helpful you can also chart the highest and lowest scores as well as the averages.

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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Wellbeing and Recovery Trackers

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