www.WellbeingTrackers.com

Wellbeing is your natural state.

Home Visit Tracker

Name: _____ Date: _____

With regard to today's visit, tick the box that best describes your experience.

	Not at all	A little	Moderately	A lot	Extremely		
It was a positive experience, for example, enjoyable or helpful.	0	1	2	3	4		
There were some things about the visit that you didn't like.	4	3	2	1	0	R	Total Score

If you wish, share what you liked about the home visit and what might make it even better next time.

Experience wellbeing every day.

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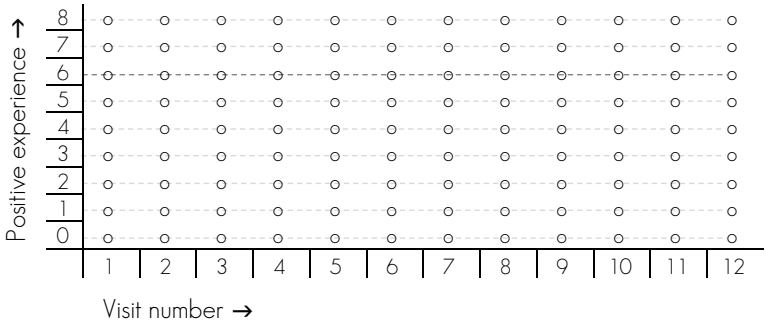
Home Visit Tracker

Name: _____

Start Date: _____ (visit one)



Feedback is a safe conversation about something important.

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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 the chart and think of a small, practical step you can take to improve your score on the next visit.

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.
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!

Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

www.WellbeingTrackers.com

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