www.WellbeingTrackers.com

Wellbeing is your natural state.

Wellbeing Tracker
(prison version)

Name: _____ Date: _____

Think back over the last day/week/month and tick the box that best describes your experience.

	Not at all	A little	Moderately	A lot	Extremely	
How stressful has it been?	4	3	2	1	0	R
How unsafe have you felt?	4	3	2	1	0	R
How well supported did you feel? For example, to be emotionally and physically well and to prepare for release.	0	1	2	3	4	

Total Score

What has helped you to feel safe and supported?

What helps you to manage stress in a healthy way?

What would help you to feel more safe and better supported?

Experience wellbeing in every day.

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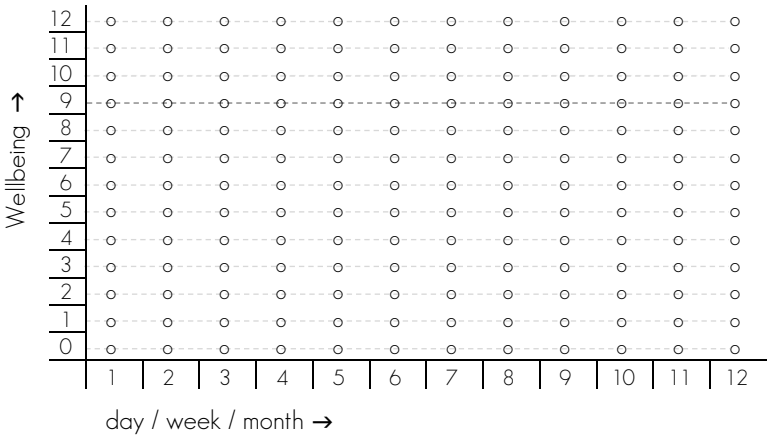
Wellbeing is your natural state.

Wellbeing Tracker

(prison version)

Name: _____

Start Date: _____



Think of a small, practical step you can take to help your total score improve on the above graph and write it down each week.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

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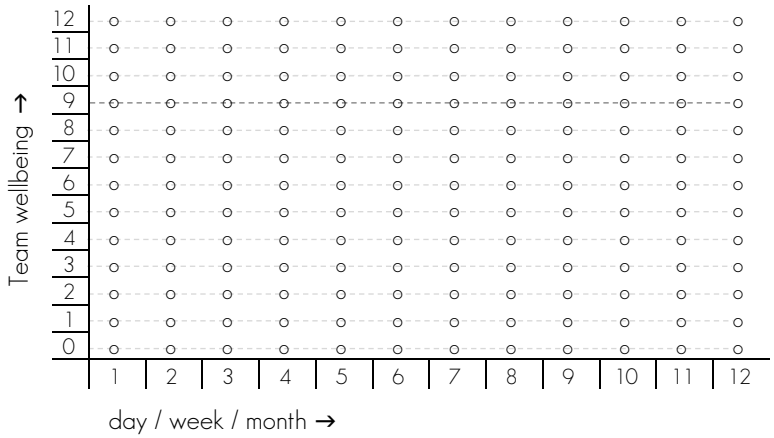
Wellbeing is your natural state.

Wellbeing Team Tracker

(prison version)

Team: _____

Start Date: _____



Consult as a team and see if you can think of a small, practical steps that would help improve the team's average total score on the above graph by one point.

Feedback is a safe conversation about something important.

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IMPORTANT INFORMATION

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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.
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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