Children's Wellbeing Tracker
www.WellbeingTrackers.com

Recovery Tracker

Name: _____

Date: _____

How have things been over the past week?
It can help to talk about your answers with someone you trust.

How have things been with your friends?

Yuck! Just OK Good Awesome!

How have you been feeling?

Yuck! Just OK Good Awesome!

How have things been at school?

Yuck! Just OK Good Awesome!

This tool is free for all to use and share. Wellbeing Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian. Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey

Children's Wellbeing Tracker
www.WellbeingTrackers.com

Recovery Tracker

Name: _____

Date: _____

What has been difficult over the past week?

What has been positive and helpful over the last week?

Take some time and talk about how things are going for you. When you are ready think of a plan to improve your score on the chart by one point.

This tool is free for all to use and share. Wellbeing Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian. Read the full disclaimer before using this tool.

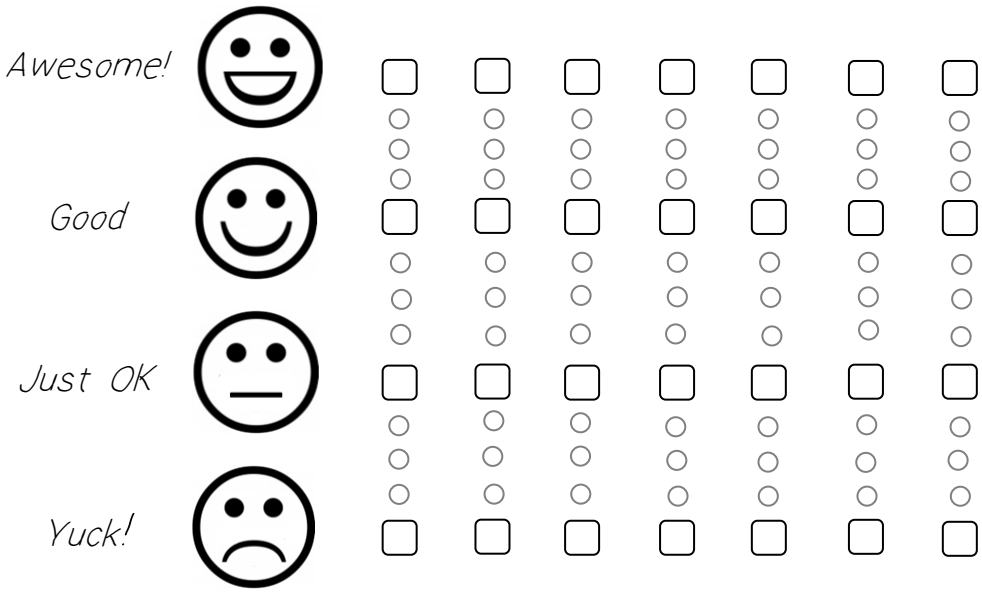
Copyright © 2014-2020 Gearóid Carey

Children's Wellbeing Tracker
www.WellbeingTrackers.com

Recovery Tracker

Name: _____

Start Date: _____



"Feedback is a safe conversation about something important."

This tool is free for all to use and share. Wellbeing Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian. Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey

IMPORTANT INFORMATION

Read this page before using the 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.
2. Any reliance you place on this tool is strictly at your own risk.
3. Wellbeing and Recovery Trackers for Children, which includes this tool, should be used under the supervision of a responsible adult such as a parent or legal guardian.
4. The information on this tool only represents the author's opinion.
5. You are wholly responsible for how you use this tool.
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 there are concerns around mental health, addiction or physical health problems consult with the appropriate professionals. If you wish you may use Recovery Trackers and Wellbeing Trackers as an integrated part of treatment or as a complimentary support for treatment.

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 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.

Instructions

Step 1: Answer the questions on the Tracker.
Step 2: Plot your average score on the chart.
Step 3: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

Copyright © 2014-2020 Gearóid Carey

Wellbeing Trackers for Children

www.WellbeingTrackers.com

Create Wellbeing.

This tool is free for all to use and share. Wellbeing Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian. Read the full disclaimer before using this tool.

Copyright © 2014-2020 Gearóid Carey