www.WellbeingTrackers.com

Wellbeing is your natural state.

Support Tracker

Name: _____ Date: _____

The organisation/person supporting you:

_____

Mark the box that best describes how you feel about the support you are getting.

	Not at all	A little	Moderately	A lot	Extremely	
I feel understood, accepted and respected.	0	1	2	3	4	
The way I am being supported is a good fit for me. It feels right.	0	1	2	3	4	Total Score

If you wish, write down what you like about the support you are getting and what might make it even better.

Experience wellbeing every day.

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Wellbeing is your natural state.

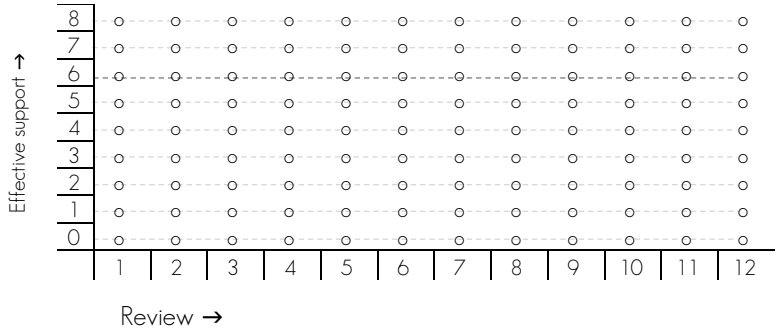
Support Tracker

Name: _____

Start date: _____

The organisation/person supporting you:

_____



Feedback is a safe conversation about something important.

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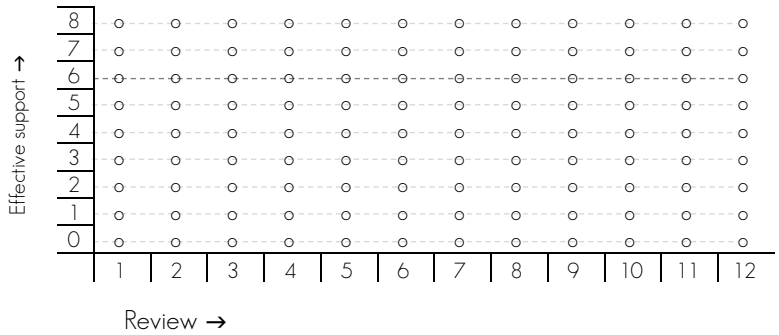
Support Organisation Tracker

Organisation: _____

Start date: _____



Consult as a team and think of a small, practical step you can take to improve the organisation's score

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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 the chart with the person/organisation supporting you.
Step 5: Consult together and think of a small, practical step to improve the score.

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. For example, if you feel the choice that best describes your experience is in between "Moderately" and "A lot" then put a mark between them and score it as "2.5".
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!

Instructions for the Organisation Trackers

Step 1: Add up the total scores of the individuals being support. Calculate the average and plot it on the chart. It may also be helpful to chart the highest and lowest scores.

Step 2: Consult as an organisation and come up with ideas to improve the score on the chart by one point.

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