

BTF 12-week Wellbeing Hub resources: progress tracker

You can use this tracker to set out your goals and monitor your progress over the weeks that you follow the resources in our Wellbeing Hub. It will give you the chance to reflect on your progress, review your goals and update them when you need to.

And we all know that life gets in the way of following regimes that are too strict, for example, holidays, weekends away and family celebrations. So, it's OK to take planned breaks and return to the programme, hopefully refreshed and with renewed interest.

Name:

Start date:

My goals:

e.g. improve sleep/rest, have more energy, lose weight, be more active/exercise 3 times a week, take up a hobby, learn something, be more sociable, get out into nature

My weekly progress:

| Week | Energy/ Mood (1-10) | Goal | What went well? | What were the barriers/challenges? | What is my strategy for next week? |
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