THE FAB FOUR TRACKER TOOL

											FUN	
AIM												
MONDAY												
TUESDAY												
WEDNESDAY												
THURSDAY												
FRIDAY												
SATURDAY												
SUNDAY												

THE POWERFUL PRINCIPAL PROGRAMME

Developing Thriving Educational Leaders

THE FAB FOUR TRACKER TOOL EXPLAINED:

Print the tracker off and keep it on your desk throughout the day.

1. Box 1: The time you got up.
2. Box 2: The time you turned the light out at night.
3. Box 3: How many cups of coffee, regular tea, hot chocolate, glasses of squash or juice you had. Use the Key: C, T, HC, S, J or use tally marks.
4. Box 4: How many glasses of water and/or herbal tea did you drink.
5. Box 5: How many alcoholic drinks you have
6. Box 6: How many minutes movement or exercise did you do (you can include the type of exercise if you want to. Simple walking is included here)
7. Box 7: Time you ate breakfast and a note of what it was.
8. Box 8: Time you ate lunch and a note of what it was.
9. Box 9: Time you ate dinner and a note of what it was.
10. Box 10: Make a note of the snacks you had throughout the day as you had them. You can include the time of the snack if you wish.
11. Box 11: Note what you did that day for fun. Fun= anything that includes laughter, relaxation, exhilaration, growth and learning or connection
12. Box 12: Draw an emoji face in this box to represent how you think the day went from a self-care perspective.

At the end of the week, you will probably start to see patterns of behaviour in certain areas. You can then choose ONE behaviour that you'd like to change at a time.