



BACK ON TRACK: WITH MR MC

TEACHER WELL BEING REFLECTIVE AUDIT

This wellbeing audit is designed just for you a teacher doing their best. Check in weekly or monthly, be honest with yourself, and use the action column to take small, meaningful steps forward. This isnt about perfection its about progress, balance, and getting back on track.

WELLBEING & NUTRITION CHECKLIST

QUESTION	RESPONSE (Y/N)	ACTION STEPS
Have you had at least 6-8 glasses of water today?		
Are you limiting caffeine (e.g., coffee, energy drinks) to a sensible amount?		
Have you eaten a proper breakfast, lunch, and dinner?		
Are you eating at least 2 portions of fruit and 2-3 veg daily?		
Have you avoided skipping meals due to work pressure?		
Have you planned your meals/snacks for the week?		
Have you taken time away from marking or screens to eat mindfully?		

MINDSET & MENTAL HEALTH CHECKLIST

QUESTION	RESPONSE (Y/N)	ACTION STEPS
Have you taken 5–10 mins today just for yourself (e.g. walk, sit quietly, journal)?		
Are you acknowledging and celebrating your wins this week (big or small)?		
Have you reminded yourself why you teach and what impact you have?		
Are you being kind in your self-talk, especially after a tough day?		
Have you spoken to a colleague, friend, or family member about how you're feeling?		
Are you limiting doom-scrolling/social media that doesn't uplift you?		
Are you focusing on what's in your control, not what isn't?		

MOVEMENT & ENERGY CHECKLIST

QUESTION	RESPONSE (Y/N)	ACTION STEPS
Have you moved your body today in a way that feels good (walk, stretch, yoga, gym)?		
Are you regularly taking movement breaks throughout the day (not just standing all day)?		
Are you giving yourself time to rest and recover after work?		
Are you sleeping 7–8 hours a night on average?		
Is your bedroom a restful place (e.g., cool, dark, screen-free)?		
Are you doing something fun or non-work related at least once this week?		

WORKLOAD & BOUNDARIES CHECKLIST

QUESTION	RESPONSE (Y/N)	ACTION STEPS
Have you set a clear cut-off time for work in the evening?		
Are you managing your to-do list based on what <i>must</i> be done vs. <i>could</i> wait?		
Are you saying "no" or "not yet" when extra tasks impact your wellbeing?		
Have you planned at least one evening with zero school work?		
Have you kept weekends for rest, hobbies, or time with loved ones?		
Are you planning your week using a realistic "can-do" mindset?		

REFLECTION & GROWTH CHECKLIST

QUESTION	RESPONSE (Y/N)	ACTION STEPS
Have you checked in with yourself: "How am I really doing?"		
Are you noticing any habits you want to build or let go of?		
Have you reflected on what worked well this week?		
Have you looked at what didn't work, without judgment?		
Have you set 1-2 small goals for the week ahead?		
Are you giving yourself grace — knowing that progress, not perfection, is the aim?		