

The CPRI Brake Shop – Tic Management

**Assignment – Tic Tracking!!!**



Choose a 15-30 minute period of time to track your target tic. (e.g. after school, when sitting down watching TV or doing homework etc.) Parents will need to be available to watch and record. Make sure you chose a period when tics are likely to occur.

My time-slot is: \_\_\_\_\_

What I'm usually doing during the time-slot is:

\_\_\_\_\_

Record how many times that annoying Tic comes out during that time-slot each day for the next week (the club member or cheerleader can do this)! Continue with your usual activities while doing this.

While you are tracking your Tic, remember to – notice things about what it makes you do or how it makes you feel. Do you only ever do the tic when you are standing? Is it only on one side of your body? See how much you can figure out about It.

Let your Brake Shop technician know the numbers you collect, and any patterns you notice!

For the best results, track your tic every day.

<u>Day 1:</u> # tics?	<u>Day 2:</u> # tics?	<u>Day 3:</u> # tics?	<u>Day 4:</u> # tics?	<u>Day 5:</u> # tics?	<u>Day 6:</u> # tics?	<u>Day 7:</u> # tics?