

## Todos Los Dias — Executive Summary

Month 1 | May 13–30, 2026 | Opening Baseline

Confidential — Maksut, Esen, Erim & Management Team

### Welcome to the Programme

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Todos Los Dias has completed its first 18 days of Daily Pulse check-ins.

This is the foundation every future month will be measured against. The scores here are a starting point, not a verdict. What matters most right now is that the habit is forming and the team is showing up.

### What the Data Shows

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The opening baseline is solid and the direction of travel is encouraging — scores improved week on week. Saturday stands out as the lowest-scoring day, reflecting end-of-week fatigue on a typically busy service day.

#### Key takeaways:

- Work Environment 3.48 — strongest dimension ✓
- Physical & Recovery 2.92 — watch and support
- Saturday — lowest day of the week
- FOH and BOH close together — healthy balance

### Participation

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85 responses in 18 days is a solid start.

FOH is leading with 69 check-ins while BOH recorded 16 — normal for a first month as the kitchen team builds its routine.

The most important goal for Month 2 is consistent daily check-ins from both teams, especially BOH. When leadership models the check-in habit, the team follows.

### Looking Ahead — Month 2 Priorities

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Three things will make the biggest difference next month.

Build the BOH check-in habit so the kitchen's voice is equally heard.

Encourage staff to complete the reason field when scoring low — this is what turns numbers into insight.

Establish a consistent check-in moment at the start of each shift.

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*This is just the beginning — and every check-in brings us one step closer to a healthier, happier workplace for everyone at Todos Los Dias.*

*Thank you for participating.*

### Tracey

Founder, The BreakRoom Wellness