WORKSHEET **The Run Setup Card**

Tonight, Day 1, write it all down in pen. Tape this card up beside the tracker.

The one area this run is about: _____

The reason I'd be proud of this in a month: _____

My daily move (a yes-or-no thing): _____

My minimum (what still counts on a terrible day, and stays this size all month): _____

My trigger line: When _____,

I _____.

Where my tracker lives (somewhere I'll see it every day): _____

Day 1 was: _____

Day 30 is: _____

- ☐ I picked the area I care about, not the one I "should" fix.
- ☐ I could do my minimum on my worst day.
- ☐ My trigger is something that already happens every day.
- ☐ I know the rest rule: minimum for reluctance, a new setup for obstacles, rest for illness or a real limit.
- ☐ Day 30 is in my phone calendar.
- ☐ Box 1 has its mark (a dot, if I did the start).

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