WORKSHEET My Process Run and Dial Log

Write your process run first. The dial log is optional; skip it if you don't picture tasks.

The task I dread most in my run: _____

How I'll rehearse it (pictured, spoken or walked through): _____

My process run, in four frames:

Where I start: _____

First move of my feet: _____

First two moves of my hands: _____

First ten seconds of the task: _____

When I'll run it (microwave, kettle, elevator, the hallway outside): _____

Optional dial log. First reading (0 to 10): _____

Size. What I tried: _____

New reading: _____ Keep? ☐

Distance. What I tried: _____

New reading: _____ Keep? ☐

Brightness. What I tried: _____

New reading: _____ Keep? ☐

Sound. What I tried: _____

New reading: _____ Keep? ☐

The voice. What it says: _____

How I changed it: _____

New reading: _____ Keep? ☐

My working dials (the ones that lowered the number): _____

☐ I ran the process run once and stopped it ten seconds into the task.
☐ My process run has no trophy, no crowd and no "after" shot in it.
☐ If I tried the dials, I turned one at a time and took a reading after each.

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