CHECKLIST The Room Rig

Set a timer for fifteen minutes. Time both moves with a stopwatch first, go spot by spot and tick each change when it's done, then time both moves again.

Before the rig, right move. Steps: _____ Seconds: _____

Before the rig, wrong move. Steps: _____ Seconds: _____

Easy mode for the right move:

☐ Bed: what goes on or by it tonight: _____

☐ Desk or table: the task already open and set out.
☐ Phone: the run's app (if any) on the home screen.
☐ Kitchen: what the run needs at eye level.
☐ Bag: packed and hanging on the door I leave through.

Hard mode for the wrong move:
☐ Phone: charging out of reach of where I sleep.
☐ Worst app: off the home screen, search-only.
☐ Console or TV: controller, batteries or cable moved somewhere that takes a walk.
☐ Snacks or other trap: boxed, put up high or not bought this week.

☐ If it's not my room, my one short ask: _____

My pair-up (a treat I only get during the run): _____

My backup pair-up, for when the first one fades: _____

After the rig, right move. Steps: _____ Seconds: _____

After the rig, wrong move. Steps: _____ Seconds: _____

☐ The right move now takes fewer steps and fewer seconds than the wrong one.

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