WORKSHEET **My Shrink Ladder**

Fill in each rung for your run, from the top down. Then rate how loud the coach gets about each one (0 = silent, 3 = full speech). Keep cutting rung 4 until it scores 0.

My run: _____

Rung 1, full version: _____

Coach score (0–3): _____

Rung 2, half: _____

Coach score (0–3): _____

Rung 3, minimum (still a marked day, same size all month): _____

Coach score (0–3): _____

Rung 4, dumb-small start (ten seconds or less): _____

Coach score (0–3): _____

Trigger line, normal day. When _____,

I _____.

Trigger line, odd day. When _____,

I _____.

The frame just before my last miss (my obstacle): _____

Obstacle line. If _____,

I _____.

☐ Both trigger lines pass the camera test.
☐ Rung 4 takes ten seconds or less and needs nothing found first.
☐ I did rung 4 today, just to prove it's real.
☐ The ladder is written where my tracker lives.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads