WORKSHEET **My Ugly-Week Playbook**

Look at your calendar from today to Day 30. Find the three stretches most likely to get ugly and plan each one now, while your head is clear.

Rough patch 1: _____

Rating (1 Smooth, 2 Bumpy, 3 Ugly, 4 Wrecked): _____ Daily target: _____

Trigger swap, if my usual one won't fire: _____

Rough patch 2: _____

Rating: _____ Daily target: _____

Trigger swap: _____

Rough patch 3: _____

Rating: _____ Daily target: _____

Trigger swap: _____

My one line for people who tease or tempt: _____

- ☐ I'll rate each week on Sunday night, before it starts.
- ☐ My minimum is written on the tracker where I can see it.
- ☐ Reluctance gets the minimum, an obstacle gets a better setup, and illness or a genuine limit gets rest, with the minimum as my next rep.
- ☐ In an Ugly week, I protect my bedtime.

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