WORKSHEET **My Next Run Card**

Fill this in the same night as your receipt.

My choice for Day 31 (Retire or Replace, Keep, Level Up or Add): _____

Run one, from tomorrow. Daily move: _____

Minimum (unchanged): _____

If Level Up, how the full version goes up one notch: _____

One fix from my notes line (a new trigger, a better setup): _____

If Add, run two's area: _____

Run two's minimum: _____

Run two's dumb-small start: _____

Run two's trigger line: When _____,

I _____.

New Day 1 (tomorrow): _____ New Day 30: _____

☐ The new Day 30 is in my phone calendar with an alert.

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