WORKSHEET **My Weekly Ramp Swap**

Use this once a week. It should take about five minutes.

My hook for the ramp swap: When I _____

Standing ramp: _____

☐ Keep ☐ Shrink ☐ Retire

Standing ramp: _____

☐ Keep ☐ Shrink ☐ Retire

Standing ramp: _____

☐ Keep ☐ Shrink ☐ Retire

If I'm shrinking one, the step that stalled was: _____

The fix I'll try (from Chapter 11): _____

One new ramp I'll add (only if the others are running smoothly): _____

Its hook: When I _____, I take Step Zero.

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