

A ROUTINE, NOT AN EVENT

A shot day checklist

A few small things that make shot day feel routine instead of loaded – done in whatever order fits the day.

THE IDEA

Shot day gets easier when it stops feeling like an event. Cover the basics, note a little context, and let the rest of the day be ordinary.

BEFORE

Decided ahead, not in the moment.

- ☐ Pick the time in advance
- ☐ Water within reach
- ☐ Something easy to eat later
- ☐ A quick look at tomorrow morning
- ☐ _____

AFTER

Low effort, on purpose.

- ☐ Drink some water
- ☐ Eat something simple
- ☐ A short walk, if it helps
- ☐ Note anything that felt different
- ☐ _____

THE NEXT MORNING

A brief check-in.

- ☐ How I slept
- ☐ Appetite and energy
- ☐ Anything worth keeping an eye on
- ☐ Nothing to fix — just noticing
- ☐ _____

What made this week's shot easier

A line or two, while it's fresh. Next week can borrow from it.
