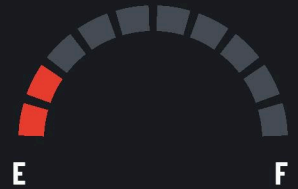


# FUEL THE DRIVER

TEAM KIT. Your Monday plan.



## 30 MINUTES. ABOUT 2% OF YOUR DAY.

A practical daily split, not a scientific dose.

### 15 MOVE

Walk. Stretch. Stairs between patients.

### 5 STILL

Breathe. No phone.

### 10 GROW

Read. Listen. Learn one useful thing.

## FOUR TEAM RITUALS

01

### The moving huddle

5 minutes, on your feet, one low-impact drill.

03

### The 10-minute share

Weekly. Someone teaches the team one thing.

02

### Walking one-on-ones

15 minutes, outside, side by side.

04

### Leader goes first

Your 30 minutes goes on the clinic calendar.

## YOUR 90-DAY NUMBER

Today \_\_\_\_\_ /10

Day 90 \_\_\_\_\_ /10

When I \_\_\_\_\_, I will \_\_\_\_\_.

Example: When I park at work, I will walk 10 minutes first.

If-then plans beat intentions in 94 studies (Gollwitzer and Sheeran, 2006).

## ONE RITUAL. MONDAY.

What is it?

\_\_\_\_\_

When does it happen?

\_\_\_\_\_

Who leads it?

\_\_\_\_\_

What will show it stuck in 30 days?

\_\_\_\_\_

## 30-DAY CHECK-IN

| WEEK | DONE?                    | MY TANK /10 | TEAM /10 |
|------|--------------------------|-------------|----------|
| 1    | <input type="checkbox"/> |             |          |
| 2    | <input type="checkbox"/> |             |          |
| 3    | <input type="checkbox"/> |             |          |
| 4    | <input type="checkbox"/> |             |          |

Personal reflection scores, not a clinical measure.

Ask your team rather than guessing their score.

## MISS A DAY? MAKE THE NEXT ONE SMALLER.

A short walk. One quiet minute. One useful page.

Fuel the driver. Built to lead. Built to drive.

Bring it to your team: [merge.fitness](https://merge.fitness)

[DAIMANUEL.COM](https://daimanuel.com)

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