

THE 2% LEADER TEAM KIT



Your Monday plan. Fuel the driver.

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 CLINIC RITUALS

1

The moving huddle

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

2

Walking one-on-ones

15 minutes, outside, side by side.

3

The 10-minute share

Weekly. Someone teaches the team one thing.

4

Leader goes first

Your 30 minutes goes on the clinic calendar.

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 TANK

/ 10

1

☐

2

☐

3

☐

4

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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.