



AFTER-SCHOOL

Land first. Then launch.

DECOMPRESS BEFORE DEMANDS

SHORT BLOCKS, REAL BREAKS

PHASE 1 — LAND

Snack + water

Move or chill — my pick today:

PHASE 2 — RESET

Unpack bag, folder on the table

Homework out, phone parked

PHASE 3 — WORK

Work block one MINS

Work block two MINS

BETWEEN BLOCKS

Five real minutes: move, snack, breathe — then back.

All three phases done before dinner? **+15 XP**

The half hour after school sets the whole evening — protect the landing.