

Routine Restart Worksheet

Repair one routine without rebuilding everything at once.

1 · NAME THE ROUTINE AND THE BREAK

Routine: _____

What happened at the point it stopped working? _____

2 · AUDIT THE CUE

Old cue or event:

Does it still happen when needed?

☐ YES ☐ SOMETIMES ☐ NO

Replacement event or flexible window: _____

3 · CHOOSE ONE ROUTE

- ☐ **KEEP** - the route still fits
 - ☐ **SHRINK** - action is too large
 - ☐ **MOVE** - cue or place no longer fits
 - ☐ **REMOVE** - result no longer matters
- Change only the selected component during this trial.

4 · BUILD THE MINIMUM VERSION

After this event: _____

I will do this one useful action: _____

I may stop when this is visibly true: _____

A minimum version protects access or the next consequence; it does not pretend to equal the full routine.

5 · SEVEN OPPORTUNITIES: NOTICE · START · PROTECT

DAY 1			DAY 2			DAY 3			DAY 4			DAY 5			DAY 6			DAY 7		
Cue	Start	Result	Cue	Start	Result	Cue	Start	Result	Cue	Start	Result	Cue	Start	Result	Cue	Start	Result	Cue	Start	Result
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

After the trial: ☐ **KEEP** ☐ **CHANGE ONE PART** ☐ **REVERT** ☐ **REMOVE**
