

Fuel Gauge + MVD

Chapter 8 • example

Gauge first. Then three to five items, each with a doorway.

☐ Slept? ☐ Moved? ☐ Eaten? ☐ Water?

Any "no" is a probable cause. Fix the lowest one, then try again.

Item 1

meds, with the first coffee

Doorway

the box lives next to the kettle, not the bathroom

Item 2

one real meal

Doorway

toast counts; put the bread on the bench the night before

Item 3

shower

Doorway

turn it on, then decide

Item 4

five minutes outside

Doorway

shoes by the back door; stand on the step, that's enough

Item 5

kids fed and at school

Doorway

lunchboxes are a Ladder on the fridge; rung 1 is "get the boxes out"

Where the printed list lives

Fuel Gauge + MVD

Chapter 8

Gauge first. Then three to five items, each with a doorway.

☐ Slept? ☐ Moved? ☐ Eaten? ☐ Water?

Any "no" is a probable cause. Fix the lowest one, then try again.

Item 1

Doorway

Item 2

Doorway

Item 3

Doorway

Item 4

Doorway

Item 5

Doorway

Where the printed list lives

Fuel Gauge + MVD

Chapter 8

Gauge first. Then three to five items, each with a doorway.

☐ Slept? ☐ Moved? ☐ Eaten? ☐ Water?

Any "no" is a probable cause. Fix the lowest one, then try again.

Item 1

Doorway

Item 2

Doorway

Item 3

Doorway

Item 4

Doorway

Item 5

Doorway

Where the printed list lives