



LESSON H · HABITS · WORKSHEET

MATCH PLAN

Your whole plan on one page — five lines, one photo.

One line per letter. Photograph it to your phone. Not every plan uses every piece every time — you're the architect.



MEDICATIONS: MY MEDS ARE

PREP FORMAT, PEP PLAN, VACCINES DUE



AWARENESS: I TEST EVERY

HOW OFTEN, WHICH SITES, NEXT DATE



TOOLS: I USE

BARRIER MATERIAL + THE LUBE THAT MATCHES IT



COMMUNICATION: MY LINE IS

YOUR NON-NEGOTIABLE, IN YOUR WORDS



HABITS: I RESTOCK

WHAT, WHERE, AND WHEN

SAFER SCORE — 1 POINT PER LAYER YOU HAVE

M ☐ A ☐ T ☐ C ☐ H ☐ = ___ / 5

3 or more survives real-world friction. No single layer has to be perfect.

STOCK CHECK

- ☐ Barriers in date, stored cool (not a wallet)
- ☐ Lube matches my materials
- ☐ Prescription on file
- ☐ Refill reminder set

IF A PIECE FAILS: WHICH LETTER IS STILL AVAILABLE?

Don't panic — look at the puzzle and activate the next piece.