



LESSON H · HABITS · WORKSHEET

FIELD NOTES

SafER Score, a plan stress test, and your 30-Day Fearless Challenge.

Private – nobody collects this page. Keep it, photograph it, or shred it.

SAFER SCORE – SCORE 0 OR 1 FOR EACH LAYER

M Meds? ☐ **A** Aware? ☐ **T** Tools? ☐ **C** Comm? ☐ **H** Habits? ☐

TOTAL ___ / 5

3+ survives real-world friction. Missing letter? That's your next move.

Easiest point to add: _____

PLAN STRESS TEST

Dossier: _____ e.g. The Broken Barrier · The Missed Doses · The Uninsured Visit

What broke? M A T C H circle all that applyWhich letter is still available? M A T C H circle all that apply

My next move: _____

Example — “You’re out of condoms.” **T** broke. **M** is still there (PrEP; PEP within 72 hours), **C** is still there (say it), **H** needs a restock. No single right answer — redundancy is the point.

30-DAY FEARLESS CHALLENGE – ONE SMALL ACTION A DAY

DAY 1 ☐ Photo your MATCH plan to your phone	DAY 2 ☐ Set an alarm	DAY 3 ☐ Say the three-site ask out loud	DAY 4 ☐ WRITE YOURS _____	DAY 5 ☐ WRITE YOURS _____	DAY 6 ☐ WRITE YOURS _____
DAY 7 ☐ WRITE YOURS _____	DAY 8 ☐	DAY 9 ☐	DAY 10 ☐	DAY 11 ☐	DAY 12 ☐
DAY 13 ☐	DAY 14 ☐	DAY 15 ☐	DAY 16 ☐	DAY 17 ☐	DAY 18 ☐
DAY 19 ☐	DAY 20 ☐	DAY 21 ☐	DAY 22 ☐	DAY 23 ☐	DAY 24 ☐
DAY 25 ☐	DAY 26 ☐	DAY 27 ☐	DAY 28 ☐	DAY 29 ☐	DAY 30 ☐ Teach one person

Missed a day? Pick up the next one — that's the habit. Tiny daily reps beat one big decision.

Who I'll teach on Day 30: _____