

Communications Check-in (5 min/hr)

Check Communication Channels

For Each Message: Is a Quick Response Possible?

Yes: Compose & Send a Response

No: Confirm Receipt, Commit, & Create a Follow-up Task

Daily Startup

Extended Communications Check-in

Review Task Pool & Check Calendar

Set Top 1–3 Priorities for the Day

Add Priority Tasks to Teamwork & Calendar

Daily Close-out

Extended Communications Check-in

Log Time & Task Progress in Teamwork

Review Priorities for the Week

Manage Task Pool & Teamwork Tasks

