

60-Minute Daily Chess Checklist (800 → 900 Rapid)

Print this page and keep it next to you while training.

Follow it exactly. Consistency > intensity.

 TOTAL TIME: 60 MINUTES

 **1** TACTICS — 15 minutes

Goal: Stop missing simple tactics

- ☐ Puzzle Rush (5 min) OR Custom puzzles
- ☐ Look for Checks → Captures → Threats
- ☐ Focus on: forks, pins, skewers, hanging pieces, basic mates
- ☐ If wrong → retry once (don't guess)