

TCP Foundation - Chapter 1

PLACEHOLDER DOCUMENT

This is a placeholder for the TCP Foundation PDF.

Replace this file with the actual Foundation content.

Foundation Components:

1. Awareness - Understanding your communication baseline
2. Self-Check - 7 questions to assess your current state
3. Identity Statement - Define who you are and who you're becoming
4. One Action - Choose a commitment:
 - Share your identity statement
 - Text an accountability partner
 - Delete a distracting app

Score Bands:

- Good Standing (7-14): Solid foundation
- Danger Zone (15-28): Critical area for growth
- Tom Start (29-42): Ready for significant improvement
- Counselor (43-49): Additional support recommended

To replace this placeholder:

1. Place your actual Foundation PDF at `tcp-platform/public/tcp-foundation-chapter1.pdf`
2. Ensure the filename matches exactly
3. The PDF will be available at `/tcp-foundation-chapter1.pdf`