BODY DOUBLING SESSION CARD

Can't start alone? Don't.

Do this with a partner, a friend on a call, or a study-with-me video. Same 4 steps every time.

1 Say what you'll do

One small task. "Reply to 3 emails," not "work."

2 Set a timer

Circle one. Too much? Start with 10.

10 min 25 min 50 min

3 Work side by side

Mostly quiet. You don't have to be on the same task. My body double today:

4 Say what you did

Whatever you got done counts. Then take a break or go again.

Good things to body double

Dishes · the doom pile · laundry · emails · taxes and forms · the phone call you keep avoiding · studying · packing · meal prep

What helps us, not medical advice.