CHECKLIST

Day out planning checklist

- [ ] Name the day and its start and finish times
- [ ] Choose two things to do, one of them outdoors
- [ ] Check the route both ways against places that pull at you
- [ ] Set the day's total and leave the gambling card at home
- [ ] Write your urge answer on your phone
- [ ] Tell one person the plan and agree a check-in
- [ ] Plan the journey home before you leave
- [ ] Decide in advance that you will come home rather than borrow