



Bike Commuting Personal Trigger List

Bike Commute – Work – Bike Commute – Sleep - Repeat

Thank you for downloading the True Commuter Bike Commuting Personal Trigger List. Below you can identify your morning essentials and any visual triggers to make sure you don't forget the essentials. If you have any feedback for this checklist then please contact us at truecommuter.com.

How to use this Trigger List

1. List your visual triggers in column one.
2. Link Items to your visual triggers in column two.
3. Print the list, keep your visual triggers as standard as possible.
4. Once you have the item packed in the morning, tick off the trigger item.

An example is given below:

Visual Trigger	Items Linked to this Triggers	Items Packed?
<i>Helmet on Top of the Fridge</i>	<i>1. Lunch in Fridge</i>	<input type="checkbox"/>
	<i>2. Cycling Gloves next in helmet</i>	<input type="checkbox"/>
	<i>3. Cycling sunglasses next to helmet</i>	<input type="checkbox"/>

Go to the next page for your personal trigger list. Print this out and use it every day until the routine is embedded and completely natural.



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Your Visual Triggers:

Visual Trigger	Items Linked to this Triggers	Items Packed?
	1.	<input type="checkbox"/>
	2.	<input type="checkbox"/>
	3.	<input type="checkbox"/>
	1.	<input type="checkbox"/>
	2.	<input type="checkbox"/>
	3.	<input type="checkbox"/>
	1.	<input type="checkbox"/>
	2.	<input type="checkbox"/>
	3.	<input type="checkbox"/>
	1.	<input type="checkbox"/>
	2.	<input type="checkbox"/>
	3.	<input type="checkbox"/>
	1.	<input type="checkbox"/>
	2.	<input type="checkbox"/>
	3.	<input type="checkbox"/>