

# Bag Switching

## Checklist

Switch bags in under 60 seconds—every single time.

### 1 Check your current bag

- ☐ Lift out all pouches as a set
- ☐ Grab phone, cards & keys
- ☐ Check all pockets & zips
- ☐ Check the base of the bag

### 2 Choose your combo

- ☐ Quick errands: Feel-Good + Emergency
- ☐ Full day out: Add Tech pouch
- ☐ Day to night: Swap for Makeup pouch
- ☐ All day: All four pouches

### 3 Pack your new bag

- ☐ Drop pouches straight in
- ☐ Add phone, cards & keys loose
- ☐ Add anything extra for today
- ☐ Bag should close easily

### 4 Final check

- ☐ Keys accessible
- ☐ Phone charged or charger packed
- ☐ Bag closes properly
- ☐ Happy with today's choice?

TODAY'S DATE

\_\_\_\_\_

SWITCHING INTO

\_\_\_\_\_

TIME TAKEN

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#### AMY'S TIP

Print this out and keep it somewhere visible until the routine becomes second nature — usually about a week!