SUNDAY BATCH BOARD

One-page free checklist for YouTube & TikTok creators · Toolstack Factory

Steal this board. Fill it before you open CapCut. Rule: idea bank to hooks to film stack to edit queue to schedule. Never reverse the order.

1. Folder tree (steal this)

```
creator-batch/
■■■ 01-research/          outlier clips · competitor hooks · comment gold
■■■ 02-idea-bank/         30 raw ideas tagged myth/howto/list/story
■■■ 03-hook-bank/         first lines only (12 words max, interrupt)
■■■ 04-scripts/           Script Cards: hook > promise > beats > payoff > CTA
■■■ 05-film-day/          hooks/ · bodies/ · CTAs/ · b-roll/
■■■ 06-edit-queue/        cut > captions > export > schedule
■■■ 07-review/            keep / kill / remix (15 min Friday)
```

Bookmark this tree. Screenshot it into Notes if you hate folders.

2. Sunday Plan (45-60 min)

Step	Minutes	Done when
Niche sentence refresh	5	WHO + RESULT + FORMAT in one line
Dump / rank 15 ideas	15	Top 10 marked film-ready
Write 10 interrupt hooks	15	First line only, no explaining
Queue 5 Script Cards	15	Titles in Monday film stack
Trend check (optional)	5	Count posts this week vs last; kill dying trends

3. Hook, Film, Edit queue

Hook block (film first, 20 min): same outfit · same light · 8-12 different first lines. Do not film bodies yet.

Body block (40-50 min): 5 full shorts. Same camera. Promise, 3 beats, payoff, soft CTA.

CTA / b-roll dump (10 min): 5 end cards + filler clips you can reuse all week.

Edit queue (Tue, 60-90 min): cut dead air, captions, thumbnail text, export 5, schedule 5. No "what do I post tonight?" after 6pm.

4. Mini checklists (tick these)

[ ] 10 ideas ranked before CapCut opens

[ ] Hooks written before any full script

[ ] One protected film block on the calendar (phone on Do Not Disturb)

[ ] Edit day is a role, not "whenever I feel inspired"

[ ] 5 posts scheduled from the board, not from panic

[ ] Friday 15-min keep / kill / remix logged

Want the filled board? This free page is the skeleton. **Creator Batch OS ($29)** is the full pack: 7-Day Start, 40 hook starters, Script Cards, Filming-Day OS, edit queue, CSV trackers, and the weekly review ritual.

https://toolstackfactory.gumroad.com/l/creator-batch-os · Hub: https://linktr.ee/toolstackfactory

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