

Fit Sheet

SHEET N° _____
date _____

TASK _____

1 MAP Is this task even worth handing over?	CHECKABLE IN SECONDS?	Y / N
	COMES BACK MONTHLY OR MORE?	Y / N
	VERDICT	candidate · assist · ask · leave
	IF CANDIDATE – CONSEQUENCE · UNDOABLE? · ALLOWED? · HOW IT STOPS	
2 BRIEF Can I state it so someone else could run it?	CONTEXT	
	TASK	
	CONSTRAINTS	
	EXAMPLE ATTACHED	Y / N
3 GROUND Does it have my facts, not the model's guesses?	SOURCES	
	FRESHNESS	
	WHAT IT MUST NOT SEE	
4 DELEGATE How far up can this move without me?	RUNG	ask · saved · template · automated
	HUMAN CHECKPOINT AT	
5 CHECK How do I know it was right, cheaply?	THE CHECK	
	TAKES	 S
	LAST VERIFIED	
	BY	

Skipped a step? MAP → months automating something that happens twice a year · BRIEF → a different result every run · GROUND → confident answers about a company it has never heard of · DELEGATE → doing it by hand forever · CHECK → the error is found by a client.