

## DUAL MILITARY — AAR STARTER KIT (1 PAGE)

Calm isn't a mood; it's a procedure. Breathe · Brief · Roles · Time Hack

**Use after games, practices, school days, work shifts—or any moment worth improving. Total time: 3 minutes.**

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### 1) QUICK START (30 SECONDS)

- **When:** right after the event (or at dinner).
  - **Who:** everyone involved; one **Recorder**; one **Timekeeper** (3-minute max).
  - **Tone:** short, honest, no blame. Celebrate a win first.
  - **Output:** one action for next time—owned by a specific person.
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### 2) THE 4 QUESTIONS (AAR CORE)

1. **What happened?** (facts only)

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2. **What went well?** (keep doing)

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3. **What can improve?** (one gap)

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4. **One action for next time:** (clear, small, dated)

**Owner:** \_\_\_\_\_ **When:** \_\_\_\_\_ **Measure:** \_\_\_\_\_

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### 3) GAME-DAY CALM CARD (BBRT)

**Breathe** (2 deep breaths)

**Brief** (who/what/where/time)

**Roles** (who leads what)

**Time Hack** (exact times)

**Sample (basketball, 9:00 a.m. tip):**

- Breathe: 2 breaths in car.
- Brief: Arrive 8:15; warm-up 8:25; huddle 8:50.
- Roles: Player—gear; Mom—water/snacks; Dad—timer/transport.
- Time Hack: Out the door **7:40**; gym doors **8:10**; stretch **8:25**.

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#### 4) 6-ITEM GEAR CHECKLIST (POST ON DOOR)

[ ] Shoes [ ] Uniform [ ] Water [ ] Ball [ ] Warm-up [ ] Snack

(Add your own: \_\_\_\_\_)

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#### 5) ROLES & SIGNALS

- **Leader:** keeps order, opens/closes AAR.
  - **Recorder:** writes action + owner + date.
  - **Timekeeper:** says “30 seconds left” and closes at 3:00.  
**Signal to start:** “AAR—3 minutes. Win → fix → one action.”
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#### 6) EXAMPLE (FILLED)

- **Event:** Sat game—late warm-up; forgot water.
  - **Went well:** Attitude stayed positive; defense talked.
  - **Improve:** Leave 10 min earlier; door checklist.
  - **Action:** Pack bag **after dinner** and place by door.  
**Owner:** Player **When:** Fri 7:00 p.m. **Measure:** Bag staged ✓
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#### 7) WEEKLY CADENCE (CHECK OFF)

Mon [ ] Tue [ ] Wed [ ] Thu [ ] Fri [ ] Sat [ ] Sun [ ]

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**Tip:** Keep every AAR to a single line. If it won’t fit on one line, the action is too big—cut it in half.

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