

Locked-In Larry's Journey Map

	Morning	Midday	Late Afternoon	Early Evening	Night
Situation	Back-to-back classes, meetings, or study sessions	Lunch break (often spent sitting and scrolling on phone)	Focused work or study session	Transitioning from work/study time to personal time	Unwinding before bed, planning for next day
Goal	Stay engaged and prevent early fatigue	Use break to reset energy levels	Avoid sluggishness and maintain productivity	Loosen up after sedentary day	Feel relaxed without excessive stiffness
Energy	⚡⚡⚡⚡	⚡⚡	⚡	⚡⚡⚡	⚡⚡
Pain Points	Gets absorbed in work and forgets to move, feels sluggish from sitting too long, stretches only when discomfort is noticeable	Spends lunch seated, feels sleepy after eating	Energy levels dip, sitting for long periods leads to stiffness, movement reminders are ignored	Feeling drained but not physically tired, wants to relax but defaults to sitting (Netflix/phone scrolling)	Hunching over phone or laptop, guilt about sedentary day, trouble relaxing because of stiffness
Opportunities / Solutions	Quick walk/stretch between classes and meetings	Stretch break before returning to work, eat lunch somewhere that requires short walk	Anchor stretching to tasks like sending emails, try working at a standing desk	Short walk before starting leisure activities, stretch during commercials, try movement-based hobby	End day with light stretching routine, keep yoga mat nearby, reflect on movement wins for motivation