

Quick-Start Checklist

Everything you need to do before, during, and after Lesson 1.

BEFORE YOU START

Get Set Up

- ☐ **Find a quiet spot**
15–20 minutes with no interruptions is all you need.
- ☐ **Have your device charged**
Phone, tablet, or computer — any of these works.
- ☐ **Know your Wi-Fi password**
You'll need it for the video and AI lessons.
- ☐ **Have reading glasses nearby**
Or adjust your font size using the tip in Step 1.

LESSON 1

Step 1 — Your Screen

- ☐ **Adjust font size on your device**
Settings → Display → Font Size → slide right
- ☐ **Zoom in on your computer**
Hold Ctrl (or Cmd on Mac) and press + until comfortable
- ☐ **Turn on Bold Text (optional)**
Settings → Accessibility → Display & Text Size → Bold Text

LESSON 1

Step 2 — Your Goal

- ☐ **Pick your goal on the lesson page**
No wrong answer — choose what fits where you are now.
- ☐ **Write your goal here:**

- ☐ **Remember your "why"**
This is what will keep you going when it feels hard.

FOR LESSON 2

Get Ready

- ☐ **Create a free ChatGPT account**
chat.openai.com — takes 2 minutes, no credit card needed
- ☐ **Think of ONE real question you want answered**
A health question, travel tip, recipe, letter to write — anything.
- ☐ **Write your question here:**

- ☐ **Completed Lesson 1 ✓**
Click "Complete & Start Lesson 2" to continue.

"You are not behind. You are right on time. And you are not alone."

