

# Interview day checklist

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## Night before

Sheet printed or open  
Route and link in one note  
Two alarms set  
Clothes chosen  
Bag packed

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## Kit

Water  
Snack  
Earplugs  
Pen  
Charger

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## Timing

Leave at: \_\_\_\_\_  
Arrive by: \_\_\_\_\_  
Interview at: \_\_\_\_\_

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## If nerves spike

Feet down.  
Breathe out, twice.  
Read one result line.  
Ask them to repeat the question if you need it.

Not medical advice and not a diagnosis. Nancy Osazee, Founder.