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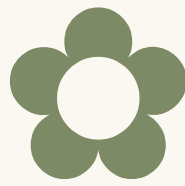
## Work from home setup guide

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W F H S E T U P

# home office guide

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**Chair** · Lumbar support: ☐ Feet flat on floor: ☐ Arms at 90°: ☐

**Screen** · Eye level: ☐ 60–70cm from face: ☐ No glare: ☐

**Lighting** · Natural light not behind screen: ☐ Desk lamp: ☐

**Routine** · Start time: \_\_\_\_ End time: \_\_\_\_ Breaks: every \_\_\_\_hrs

**Boundaries** · Dedicated workspace: ☐ Phone away at end: ☐

**Movement** · Leave house daily: ☐ Walk at lunch: ☐

**Connection** · Video call daily: ☐ Not fully isolated: ☐

YOU ARE NOT WORKING FROM HOME —  
YOU ARE LIVING AT WORK · MANAGE  
THE DIFFERENCE

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