

BODY DOUBLING

Host Guide: 60-Minute Structure

Body doubling works because it externalises time and reduces the friction of starting. This structure fits a strict 60-minute hour.

00-05

OPENING & INTRO

Welcome. Explain format. Host states their task first. Invite others to share (optional). Cameras on/off choice.

05-30

WORK BLOCK 1 (25M)

Muted. Silent. Focused. Host models presence by working on their stated task. No multitasking theatrics.

30-35

MIDPOINT CHECK-IN

Brief reflection. "How did it go?" Reset tasks for block two. Keep it short—it's calibration, not therapy.

35-55

WORK BLOCK 2 (20M)

Second sprint. Low pressure. Consistency over intensity. Final push to the end of the hour.

55-60

CLOSING

Acknowledge effort, not just output. Normalise partial progress. Celebrate the win of showing up.

HOST PRINCIPLES

- ✓ Model realistic goals
- ✓ Keep energy calm
- ✓ Make participation optional
- ✓ Avoid over-facilitating
- ✓ Protect the structure
- ✓ No "productivity shaming"



OPERATIONAL CHECKLIST

Host Script Outline

THE OPENING (5M)

"Welcome everyone. For the first 25 minutes, I'm going to focus on _____. You're welcome to share your task in the chat. Cameras on or off is fine—no pressure, no judgment."

THE MIDPOINT (5M)

"How did that first block go? If anyone wants to share, please raise your hand. For our final 20-minute sprint, I'm going to _____. Reset or adjust your task now."

THE CLOSING (5M)

"That's our hour. Even if all you did was open the document, that counts. Starting is often the hardest part. Drop your wins in the chat if you like. See you next time."

Setup Checklist

- Reliable internet and muted notifications
- Visible countdown timer (Share Screen or Browser Link)
- Consistent recurring meeting link (Reduces user friction)
- Spotify/Music (Optional - some prefer Lo-Fi background)

"The magic is social regulation, not productivity shaming."