Desk Setup Checklist

A quick check for a more comfortable home office.

Comfort

- [ ] Top of screen at or slightly below eye level
- [ ] Screen about an arm's length away
- [ ] Elbows close to 90 degrees when typing
- [ ] Feet flat on the floor or on a footrest
- [ ] Lower back supported

Lighting

- [ ] Main light from the side, not behind the screen
- [ ] No glare on the screen
- [ ] Desk lamp or light bar for evening work

Cables and storage

- [ ] Cables off the floor (tray or clips)
- [ ] Surge protector in reach
- [ ] Daily items within arm's reach, the rest in a drawer

Tip: Take a short break to stand and stretch every so often. Adjust the setup until it feels comfortable for you.

Want the full version? The Home Maintenance Planner ($9) at **nestfoundrylab.com/shop**