THE RIGHT SIZED PLANNER

List Your Life

Design your home around who you are and how you actually live, before you choose a single piece of furniture.

A fillable planner from Right Sized Intelligent Living

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How it works

1. **Know your household and lifestyle**
   Who lives here, any caretaking or accessibility needs, and up to three lifestyle profiles with design considerations.
2. **List your life**
   Write down what happens in your home daily, weekly, and occasionally. Activities, not rooms.
3. **Assign a move**
   Match each activity to one of the 7 moves: Climb, Sleep, Dine, Work, Store, Divide, Extend.
4. **Make your plan**
   Decide what gets a permanent home, what transforms, and what to build in before you build.

About your space

Home type: ☐ ADU ☐ Tiny house ☐ Studio / apartment ☐ Loft ☐ Other

I'm: ☐ Building new ☐ Remodeling ☐ Furnishing an existing space

Approx. square feet: _____ Ceiling height: _____ People: _____

What frustrates you most about your space today?

Tip: fill this in on screen (it saves in most PDF readers) or print it. Look for the orange example rows on each page. Be honest about how often things really happen: design for your Tuesday, not the one big dinner a year.

STEP 1

Know your household and lifestyle

Who you're designing for shapes everything: space, access, privacy, and storage.

Who lives here?

Enter the number of people in each age group, including anyone who stays often.

Under 5	5–12	13–17	18–34	35–54	55–74	75+	Pets

Life stage: ☐ Single ☐ Couple ☐ Young family ☐ Teens at home ☐ Empty nester ☐ Multigenerational

Home: ☐ Own ☐ Rent

Project scope: ☐ Small edits ☐ Furniture ☐ Built-ins ☐ Remodel ☐ Not sure

Caretaking

Is anyone in the home caring for someone, or receiving care?

☐ Caring for young children ☐ Caring for an aging parent or relative ☐ Regular caregiver visits

☐ Live-in caregiver ☐ Planning for this in the future ☐ None right now

Accessibility and aging

Check anything needed now or planned for, and note who it's for.

☐ Wheelchair or walker access ☐ Step-free entry ☐ Main-floor bedroom and bath

☐ Curbless shower / grab bars ☐ Wider doorways and halls ☐ Aging in place ☐ None right now

Who is this for? _____ *e.g., Mom. Other bedrooms can still go upstairs.*

Anything else about your household we should design for? *e.g., night-shift worker; grandkids every weekend (250 max)*

_____

YOUR LIFESTYLE *Check up to three profiles. Use their example activities and considerations in the steps that follow.*

☐ The Home Chef

Cooks most days; loves hosting food.

EXAMPLE ACTIVITIES
Weeknight cooking · bulk groceries · baking · meal prep · dinners for friends

KEY MOVES **Store · Dine · Everyday Ease**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ A real cooktop and oven, not microwave-only
- ☐ Counter landing space beside the stove
- ☐ Pull-out pantry and cabinets to the ceiling
- ☐ Good ventilation

Add your own: _____

☐ The Active / Outdoor Type

Always heading out, with gear.

EXAMPLE ACTIVITIES
Bikes · boards · skis · home workouts · muddy shoes · camping gear

KEY MOVES **Store · Extend · Climb**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ Wall-mounted gear storage near the door
- ☐ A washable entry drop zone
- ☐ Clear floor space for workouts
- ☐ Outdoor hooks or a rinse spot

Add your own: _____

☐ The Remote Worker

Home is also the office.

EXAMPLE ACTIVITIES
Video calls · focus hours · files and printing · evening wind-down

KEY MOVES **Work · Divide**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ A desk with power and task lighting
- ☐ A calm backdrop for calls
- ☐ Sound separation from sleep and TV
- ☐ A workspace that closes at day's end

Add your own: _____

STEP 1 (CONTINUED)

Know your lifestyle

Check up to three profiles, then the design considerations that apply to you.

☐ The Host

The table is the heart of the home.

EXAMPLE ACTIVITIES

Dinner parties · overnight guests · holidays · game nights

KEY MOVES **Dine · Sleep · Extend**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ An extending table with seating that stores
- ☐ A guest sleep option (wall bed or daybed)
- ☐ A serving and staging surface
- ☐ One place for the hosting kit

Add your own:

☐ The Maker / Creative

Projects, instruments, and supplies.

EXAMPLE ACTIVITIES

Sewing · painting · music · DIY · crafts left mid-project

KEY MOVES **Work · Store**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ A work surface that can stay out or close up
- ☐ Organized, visible supply storage
- ☐ Strong natural and task light
- ☐ Durable, easy-clean floors

Add your own:

☐ The Caretaking Household

Multiple generations, caring for someone, or aging in place.

EXAMPLE ACTIVITIES

A parent living with you · caring for a relative · caregiver visits · grandkids · shared meals

KEY MOVES **Divide · Sleep · Everyday Ease**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ A step-free route to a bedroom and bath
- ☐ Room for a caregiver to stay or work
- ☐ Privacy zones and sound separation
- ☐ Wider doorways; walls ready for grab bars

Add your own:

☐ The Pet Parent

The dog (or cat) runs the house.

EXAMPLE ACTIVITIES

Feeding · crate time · grooming · walks · pet gear

KEY MOVES **Store · Everyday Ease**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ A built-in feeding nook
- ☐ A crate built into cabinetry
- ☐ Scratch-resistant, washable finishes
- ☐ Leash and gear hooks by the door

Add your own:

☐ The Wellness Seeker

Calm, movement, and rest.

EXAMPLE ACTIVITIES

Yoga · meditation · stretching · long baths · early nights

KEY MOVES **Divide · Store · Extend**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ A floor zone that stays clear
- ☐ Mat and prop storage
- ☐ Calm, dimmable lighting
- ☐ A spa-like bath moment

Add your own:

STEP 1 (CONTINUED)

Know your lifestyle

Don't see yourself? Check the closest fit and note what's different below.

☐ **The Reader / Collector**

Books, records, and treasures.

EXAMPLE ACTIVITIES

Reading · vinyl · art · collections · display

KEY MOVES **Climb · Divide · Store**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ Ceiling-height shelving with a ladder
- ☐ A reading nook with good light
- ☐ Display lighting
- ☐ Protection from direct sun

Add your own:

☐ **The Traveler / Minimalist**

Light belongings, often away.

EXAMPLE ACTIVITIES

Travel · packing · short stays · renting while away

KEY MOVES **Store · Divide**

DESIGN CONSIDERATIONS *check the ones that apply to you*

- ☐ Lockable owner storage
- ☐ Durable, easy-clean finishes
- ☐ A flexible, rental-ready layout
- ☐ Smart locks and simple systems

Add your own:

☐ **Something else?**

Describe your lifestyle in your own words.

My primary profile

The one that shapes your home the most, and why (up to 150 characters)

Who needs what

List each person (or pet) and what they need from the home. Up to 120 characters each.

Person or role	Age	What they need from the home
EXAMPLE *Mom*	*78*	*Step-free bathroom, a quiet room of her own, close to the kitchen*
EXAMPLE *Me*	*52*	*A desk that closes up at night; room to host the family on Sundays*

STEP 2

List your life

Activities, not rooms. How often does each one really happen?

Start with the example activities from your profiles, then add everything else: sleeping, cooking, working, laundry, guests, hobbies. Keep entries short: activity up to 40 characters; other boxes up to 90.

Activity	Daily	Weekly	Occas.	Where it happens now	What gets in the way
EXAMPLE *Morning yoga*	☑	☐	☐	*Living room floor*	*Coffee table in the way; mat has no home*
EXAMPLE *Hosting dinner for 8*	☐	☐	☑	*We go out instead*	*Table seats 4; nowhere to put extra chairs*
EXAMPLE *Video calls*	☑	☐	☐	*Kitchen table*	*Bed shows behind me; no outlet nearby*
	☐	☐	☐		
	☐	☐	☐		
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STEP 3

Assign a move

Match each activity to the move that solves it. Daily = permanent. Occasional = transforming.

Climb Use the height you already paid for
Dine Let the table grow and shrink
Store Build storage into the architecture
Extend Borrow the outdoors
Sleep Make the bed disappear
Work Work from a wall
Divide Create rooms without walls

Activity (from Step 2)	Climb	Sleep	Dine	Work	Store	Divide	Extend	Permanent	Transforming	Idea / product to explore
EXAMPLE *Morning yoga*	☐	☐	☐	☐	☑	☑	☐	☑	☐	*Clear floor zone; wall hooks for the mat; nesting coffee table*
EXAMPLE *Hosting dinner for 8*	☐	☐	☑	☐	☐	☐	☐	☐	☑	*Console-to-dining table + bench that stores underneath*
EXAMPLE *Video calls*	☐	☐	☐	☑	☐	☑	☐	☑	☐	*Floating desk + sconce by a window; curtain to screen the bed*
	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	☐	☐	
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	☐	☐	☐	☐	☐	☐	☐	☐	☐	

STEP 4

Make your right sized plan

Decide what to build in, what transforms, and what you really need to keep.

My top 3 priorities

Example: "A real place to host 8 without a table in the way every day."

1.

2.

3.

Plan before you build

- [ ] Storage stair (drawers, closet, pantry)
- [ ] Window seat with drawers
- [ ] Toe-kick drawers
- [ ] Cabinets to the ceiling
- [ ] Pull-out pantry
- [ ] Recessed wall niches / cabinets
- [ ] Laundry closet (plumbing, drain, outlet)
- [ ] Outlet + light at the desk spot
- [ ] Gear wall or drop zone by the entry
- [ ] Aging-in-place basics (step-free, wide doors)
- [ ] Pass-through window

Transforming pieces to consider

- [ ] Wall bed with desk or sofa
- [ ] Horizontal wall bed (low ceiling)
- [ ] Console-to-dining table
- [ ] Bench / stools that store under table
- [ ] Fold-down or floating wall desk
- [ ] Sliding panel or curtain divider
- [ ] Ottoman with hidden seating
- [ ] Window daybed / guest nook
- [ ] Nesting or lift-top coffee table
- [ ] Guest or caregiver sleep option
- [ ] Folding or expanding outdoor set

Edit what you own

Up to 150 characters each

Keep *supports my daily life. e.g., everyday dishes, work clothes, my reading chair*

Store *seasonal or occasional. e.g., holiday decor, ski gear, extra bedding*

Let go *sell, donate, or gift. e.g., duplicate kitchen tools, a guest bed no one uses*

Considerations from my profiles + notes

Up to 400 characters

See it come together

Room designs, ideas, and products for each move:
rightsizedintelligentliving.com

Own land in California? See what you can build:
sightlinehomes.com/check

For planning inspiration only. Confirm building, safety, and code requirements with your architect or local building department.