

My AI Implementation Commitment

BULLETPROOF DENTAL CE SUMMIT · AUG 9, 2026

WORKFLOW I'M BUILDING

One repetitive task I'm automating. Not "AI in my practice." One task.

OWNER

One named human. Me, my OM, my TC. Not "the team."

CHECKPOINT

Specific day and time when I'll check if it's working.

METRIC

One number I'm tracking. Minutes saved. Cases closed. Calls recovered.

DEADLINE

When I run this workflow for the first time.

SIGNED

DATE

This card is my contract with myself. If I don't sign it, I didn't mean it.

This is what a filled-in card looks like

WORKFLOW	<i>Draft a personalized follow-up email for every new-patient exam.</i>
OWNER	<i>Sarah, our OM. I approve every draft before send.</i>
CHECKPOINT	<i>Friday 4 PM — review the week's 12 drafts, confirm no PHI. 15 min.</i>
METRIC	<i>Save Sarah 30 min/day. Move NP → 2nd-visit rate from 78% → 85%.</i>
DEADLINE	<i>Monday, August 11, 2026, 8:00 AM. First draft to Sarah by EOD.</i>

SIGNED *Dr. Marcus Cole*

DATE *8/9/2026*

Yours doesn't need to be this polished. It needs to be this specific.

THE MONDAY MORNING PROTOCOL

Monday, 8 AM. Four steps. No complexity.

1. **Open Claude Desktop.** If you don't have it: `claude.ai/download` — 90 seconds to install, free tier works fine.
2. **Type your workflow.** Paste what you wrote in the WORKFLOW row above.
3. **Give Claude 10 minutes** to draft it. Read what it produces. Fix the parts that don't sound like you.
4. **Run it three times this week.** If it doesn't save you 5 minutes, it's not the right workflow. Try again.

Everything else in AI is downstream of doing this once.

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[QR URL to be confirmed by Blake]