

The "Commuter Crunch" Protocol

Subtitle: The "Sit-Down" Stress Test for Eliminating Wardrobe Regret

1 The Mission Briefing

Most men buy shirts based on the "Mirror Lie." You stand perfectly still, suck in your stomach, and the shirt looks great. But you spend 80% of your day sitting down—driving, typing, or dining. When you sit, your hips spread and your posture changes.

The Goal: To install a defensive habit that prevents you from buying shirts that fail the "Real Life" test.

2 Phase 1: Mandate the MVH (Minimum Viable Habit)

The Concept: We are not asking for a 20-minute workout. We are asking for **30 seconds of gravity**.

- **My MVH:** "I will never purchase a shirt without sitting on the bench for exactly 30 seconds."
 - **The Tie Toggle:** *If you wear a tie >3 days a week, you MUST bring a tie to the store and perform this test with the top button fastened and the knot pulled tight.*
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3 Phase 2: Anchor the Habit (The Trigger)

The Concept: Link the new habit to the inevitable end of the dressing process.

- **The Trigger:** Buttoning the final button (cuff or collar).
 - **The Script:** "After I [**Button the last button**], I will immediately [**Sit down on the bench and extend my arms in the '10-and-2' driving position**]."
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4 Phase 3: The Assessment (Hard vs. Soft Fails)

The Concept: We distinguish between "Structural Failures" (Hard Fails) and "Warnings" (Soft Fails).

The Rules of Engagement:

1. **1 Hard Fail = ✗** Immediate Rejection (Do not buy).
2. **2 Soft Fails = ✗** Immediate Rejection (Do not buy).
3. **1 Soft Fail = ▲** Proceed with caution (Requires a specific fix: Size Up, Different Fit, or Tailoring).

The Symptom	The Severity	The Reality & Action
The Button Bomb: Buttons at the stomach pull into an "X" or show skin.	HARD FAIL 	Structural Failure. Tailoring cannot fix this. You need a larger size or a fuller cut (e.g., Classic vs. Slim).
The Back Vise: Fabric locks across shoulder blades; you cannot reach forward.	HARD FAIL 	Structural Failure. The back yoke is too narrow. Action: Try one size up <i>once</i> . If it still binds, abandon this brand entirely.
The Air Block: You cannot take a full, deep breath without seams digging.	HARD FAIL 	Structural Failure. Chest circumference is insufficient. <i>Note: If digging is focused solely in the armpits, the armhole geometry is wrong for you (Brand Mismatch).</i>
The Cuff Retreat: Sleeves slide back enough to expose your watch or wrist bone.	SOFT FAIL 	Investigation Required. Could be sleeve length (fixable by sizing up) or high armhole (brand specific).
The Collar Choke: Tightness <i>only</i> when sitting/leaning (not standing).	SOFT FAIL 	Investigation Required. Likely posture or yoke issue. Check "Decision Ladder" in Phase 5.

5 Phase 4: The "30-Try" Data Log

The Concept: This grid tracks your *adherence to the protocol* and generates data on your specific fit issues.

Instructions:

- **Size/Fit:** Log exactly what you tried (e.g., "M Slim" or "16/34 Classic").
- **The Leak:** If it failed, what was the primary cause? (Waist, Back, Neck, Sleeves).

#	Date	Brand	Size & Fit Tried	Result	The Leak (Cause)
1	Oct 12	RL Oxford	M / Slim	✗ FAIL	Waist (Button Bomb)
2	Oct 12	RL Oxford	M / Classic	✓ PASS	(None)
3	Oct 12	J.Crew	M / Slim	✗ FAIL	Back (Vise)
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5					

6 Phase 5: The Debrief & System Refinement

The Concept: Don't just reject the shirt; analyze the *pattern* of failure to refine your shopping rules.

The Diagnostic Decision Ladder:

1. **If "Cuff Retreat" (Sleeves ride up):**
 - *Check:* Is the sleeve physically too short? → **Yes:** You need "Tall/Long" sizing.
 - *Check:* Is the armhole low/deep? → **Yes: Brand Mismatch.** This brand cuts armholes too low. Switch brands.
2. **If "Collar Choke" (Only when sitting):**
 - *Check:* Is it tight standing? → **Yes: Size Up.**
 - *Check:* Is it only tight leaning forward? → **Yes:** Your neck/posture fights the yoke. Look for **Split Yokes** or lower collar stands.

The "Rule of 5" (System Refinement):

- **If I get 5 "Waist" fails in a row:** I will officially ban "Slim Fit" from my search and only take "Standard/Classic" into the fitting room.
- **If I get 5 "Back Vise" fails in a row:** I will stop shopping at [Brand Name] because their patterns are fundamentally too narrow for my shoulders.