Checklist for a day's layover in Tokyo

Sit as close to the front of the plane as you can, for a quick exit. Complete the arrivals forms onboard prior to landing.
Walk to the immigration area, where the officer will process you quickly; scan both index fingers and pose for a photo.
Walk down to the luggage area, head for the exit via another immigration officer who will take the second arrival card.
Exit to arrivals area, turn left towards "visitor service centre". Store your bag if needed; look for "baggage storage" sign.
Get cash from ATM; try to get an odd number that's <i>not</i> a multiple of 5000 or 10000 yen; e.g. 9000, 14000, 29000.
Buy U-Mobile SIM for 2500 yen if you got 1000 yen notes; otherwise use your credit card for 3800 yen SIM from NTT.
Continue to Skyliner and Keisei Information Center (open from 7am); buy same-day return ticket and Pasmo card if you think you'll need it. If you're uncertain, ask the staff what you should get; they're very knowledgeable.
Board train, sit in your assigned seat.
Connect to Keisi WiFi and immediately activate your SIM according to the instructions in the package. It'll require an email verification. It may say something about 24 hour delay before activation, but don't worry, it'll work.
While en route, now that your data is working, do any last-minute research for places to visit, things to do, etc.
Enjoy Tokyo, but keep track of the time and know when your Keisei Skyliner will be departing Ueno or Nippori back to the airport. If it will be rush hour, consider already asking a ticket agent to exchange your open return ticket for a reserved ticket for your desired departure later in the day.
Visit the hedgehod café? Cat café? Owl café? There are infinite options, and don't forget to try some local snacks!
Return to Narita International Airport in time to get your Pasmo card remaining balance refunded, pick up your stored bag(s), clear security and immigration, and walk to your gate.