

The Rep: _____

Done before noon ☐

Prompt: _____

Where I compromised today:

Reported to _____ at _____ ☐

Watch Accounting

Fill this in from memory, not from the tracker. What you forgot is part of the record.

	UP AT MY TIME	JESUS BEFORE THE PHONE	REP BEFORE NOON	ACCOUNT WRITTEN	REPORTED BY 6 PM
Day 1	☐	☐	☐	☐	☐
Day 2	☐	☐	☐	☐	☐
Day 3	☐	☐	☐	☐	☐
Day 4	☐	☐	☐	☐	☐
Day 5	☐	☐	☐	☐	☐

The lie I told most this watch:

The rep I skipped, and the real reason:

What changed:

Restarting this watch? ☐ Why: _____

The Tracker

One box per day. Mark it only when all five of the Standard were kept. A restart means the row begins again; count them in the blank. A reader who finishes with zero restarts and a reader who finishes with four have both finished; the blank is there so you know which one you were.

			RESTARTS
Watch 1	Evening First	☐ ☐ ☐ ☐ ☐	_____
Watch 2	The Whole Town at the Door	☐ ☐ ☐ ☐ ☐	_____
Watch 3	Some vs. First	☐ ☐ ☐ ☐ ☐	_____
Watch 4	Altar, Not Alarm	☐ ☐ ☐ ☐ ☐	_____
Watch 5	Mold	☐ ☐ ☐ ☐ ☐	_____
Watch 6	While It Was Still Night	☐ ☐ ☐ ☐ ☐	_____
Watch 7	Lukewarm	☐ ☐ ☐ ☐ ☐	_____
Watch 8	Till Daybreak	☐ ☐ ☐ ☐ ☐	_____
Watch 9	Cockcrow	☐ ☐ ☐ ☐ ☐	_____
Watch 10	The Fourth Watch	☐ ☐ ☐ ☐ ☐	_____
Watch 11	Breakfast and a Question	☐ ☐ ☐ ☐ ☐	_____
Watch 12	Still Dark, Empty Tomb	☐ ☐ ☐ ☐ ☐	_____

BEFORE DAY 1

The Commitment

My time is _____.

My person is _____.

My phone charges _____.

The first screen I will look at each morning is this page. Signed

Date _____

Sixty days from the date above is _____. Write it on your calendar now, and tell your person that is the day they can stop expecting the text—unless you ask them to keep going.