WORKSHEET **The Restart Plan**

Write this now, while every box is still fine. It's a note from today's you to the you who just missed a day.

My minimum, the very next rep after any miss: _____

When and where I'll do it: _____

What I'll say out loud when I see an empty box (short and true): _____

The excuse family most likely to show up after a miss: _____

My killer line for it (from Chapter 4): _____

☐ No make-up sessions. The empty box stays empty.
☐ No starting over. The count keeps going.
☐ Every empty box gets one word on the notes line.
☐ If I'm sick, hurt or up against a real limit, I rest without guilt, and my next rep is the minimum when I'm up.
☐ The tracker stays up, even on a bad week.

Save point (every seventh day):

Shaded: _____ Dots: _____ Empty: _____

Notes-line words this week: _____

The shape so far (steady, gap-and-back or slide): _____

What did these reps help me finish, learn or improve? _____

One fix for next week (an odd-day trigger, a better setup, a room rig): _____

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads