WORKSHEET The Four Save Points

Fill in each save point on its day. Short answers. Tick only what's true.

Save point, Day 7 (boss: The Forgetter)

Shaded: _____ Dots: _____ Empty: _____ Notes-line words: _____

☐ My trigger fired on its own most days, and my first step sat right next to it.

If it didn't, how I'll make it impossible to miss: _____

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

Save point, Day 14 (boss: The Yawn)

Shaded: _____ Dots: _____ Empty: _____ Notes-line words: _____

☐ I used the Next-Rep Rule after every empty box.

The scenery change I'll try (not a new goal): _____

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

Save point, Day 21 (boss: The Upgrade Itch)

Shaded boxes in my last seven: _____ Notes-line words: _____

☐ Five or more were shaded, and the full version feels easy.

My one-notch raise to the full version, or "no change": _____

Ideas I'm parking on the Day 30 list: _____

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

Save point, Day 28 (boss: The Countdown)

☐ I'm counting up, not down.

☐ One person knows my Day 30 date.

The excuse I heard most this month: _____

The empty box I'm proudest of coming back from: _____

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

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