

PERFORMANCE LOG

► BASED ON 50 DAYS ◀

DAY 1 <input type="checkbox"/> Daily chizuk ¹ <input type="checkbox"/> Shmiras Einayim ² <input type="checkbox"/> Shmiras Habris ³	DAY 8 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 15 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 2 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 9 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 16 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 3 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 10 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 17 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 4 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 11 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 18 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 5 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 12 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 19 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 6 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 13 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 20 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 7 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 14 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 21 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris

Check this box once at the beginning of the program

I hereby confirm that I will not use unfiltered internet at anytime during this program.

Definitions:

- Daily chizuk:** "I learned – and will try to implement – today's chizuk message".
- Shmiras Einayim:** "I made a conscious effort to guard my eyes today".
- Shmiras Habris:** "I succeeded!" *It gets easier the more we hold back!*

DAY 22 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 29 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 36 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 43 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 23 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 30 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 37 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 44 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 24 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 31 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 38 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 45 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 25 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 32 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 39 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 46 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 26 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 33 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 40 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 47 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 27 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 34 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 41 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 48 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris
DAY 28 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 35 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 42 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris	DAY 49 <input type="checkbox"/> Daily chizuk <input type="checkbox"/> Shmiras Einayim <input type="checkbox"/> Shmiras Habris



וְקִדְשְׁתֶּם אֶת שְׁנַת הַחֲמִשִּׁים... וְקִרְאתֶם דְּרוֹר בְּאֶרֶץ (ויקרא כה י')

And you shall sanctify the **fiftieth**... and proclaim **freedom** throughout the land