

# PERFORMANCE LOG

▶ BASED ON 50 DAYS ◀

DAY 1 <input type="checkbox"/> Daily chizuk <sup>1</sup> <input type="checkbox"/> Shmiras Einayim <sup>2</sup> <input type="checkbox"/> Shmiras Habris <sup>3</sup>	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!*

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

**DAY**  
**50**  
 Daily chizuk  
 Shmiras Einayim  
 Shmiras Habris

וְקִדְשְׁתֶּם אֶת שְׁנַת הַחֲמִשִּׁים... וְקִרְאתֶם דְּרוֹר בְּאֶרֶץ (ויקרא כ"ה י')  
 And you shall sanctify the **fiftieth**... and proclaim **freedom** throughout the land