

PERFORMANCE LOG

► BASED ON SHOAVAVIM ◀

	SHEMOS	VA'EIRA	BO
SUN.	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
MON.	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
TUE.	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
WED.	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
THUR.	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
FRI.	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
SAT.	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!*

BESHALACH

YISRO

MISHPATIM

TERUMAH

SUN.

DAY 22
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 29
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 36
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 43
Daily chizuk
Shmiras Einayim
Shmiras Habris

MON.

DAY 23
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 30
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 37
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 44
Daily chizuk
Shmiras Einayim
Shmiras Habris

TUE.

DAY 24
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 31
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 38
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 45
Daily chizuk
Shmiras Einayim
Shmiras Habris

WED.

DAY 25
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 32
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 39
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 46
Daily chizuk
Shmiras Einayim
Shmiras Habris

THUR.

DAY 26
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 33
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 40
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 47
Daily chizuk
Shmiras Einayim
Shmiras Habris

FRI.

DAY 27
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 34
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 41
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 48
Daily chizuk
Shmiras Einayim
Shmiras Habris

SAT.

DAY 28
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 35
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 42
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 49
Daily chizuk
Shmiras Einayim
Shmiras Habris

DAY 50
Daily chizuk
Shmiras Einayim
Shmiras Habris

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

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