

The Weekly Scorecard

Two deep-work units a day, ten a week. The number is the week — not how the week felt.

DAY	U1 — TIME & TASK	DONE?	U2 — TIME & TASK	DONE?	SHUTDOWN DONE?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Score: _____ / 10 units.

The one change I'll make next week:

Reading the score: 8–10 — raise difficulty, not volume · 5–7 — normal for month one; move the unit, don't blame the person · 0–4 — shrink to one unit a day at your single quietest hour, win small, then grow. **One change per week, never more.**