



TWO WEEKS. ZERO DRIFT.

14-Day Discipline Sprint

Choose one standard and prove you can keep it for fourteen straight days. Miss once: recover immediately. Miss twice: restart.

THE
STANDARD

Never miss twice. Recovery is part of discipline.

SPRINT CONTRACT

One behavior I will prove for 14 days

Daily minimum

Exact execution time

Consequence if skipped

I will not renegotiate this commitment when discomfort arrives.

Signature / date



14-DAY COMMAND BOARD

DAY	DAILY COMMAND	MINIMUM ACTION	DONE	LESSON
1	Commit	_____	[]	_____
2	Start	_____	[]	_____
3	Remove friction	_____	[]	_____
4	Protect focus	_____	[]	_____
5	Repeat	_____	[]	_____
6	Hold under pressure	_____	[]	_____
7	Audit	_____	[]	_____
8	Raise the standard	_____	[]	_____
9	Protect the streak	_____	[]	_____
10	Finish	_____	[]	_____
11	Recover fast	_____	[]	_____
12	Repeat cleanly	_____	[]	_____
13	Prove it	_____	[]	_____
14	Lock it in	_____	[]	_____

Final audit: What standard continues after day 14?
