

SIX-WEEK TRACKER

THE DEEP WORK PROTOCOL

Start date _____

Fill one circle for every finished block. In the square, your focus for the day, 1 to 5. A day is completed when all its circles are full.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TARGET · RESULT · DECISION
WEEK 1	○ ○ □	○ ○ □	○ ○ □	○ ○ □	○ ○ □	○ ○ □	○ ○ □	2 × 25 min · 5 min breaks Days completed ____ / 7 ☐ MOVE UP ☐ REPEAT ☐ STEP BACK
WEEK 2	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	3 × 25 min · 5 min breaks Days completed ____ / 7 ☐ MOVE UP ☐ REPEAT ☐ STEP BACK
WEEK 3	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	○ ○ ○ □	3 × 40 min · 10 min breaks Days completed ____ / 7 ☐ MOVE UP ☐ REPEAT ☐ STEP BACK
WEEK 4	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	4 × 40 · 10 min + 1 long break Days completed ____ / 7 ☐ MOVE UP ☐ REPEAT ☐ STEP BACK
WEEK 5	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	○ ○ ○ ○ □	4 × 55 · 10–15 min + meal Days completed ____ / 7 ☐ MOVE UP ☐ REPEAT ☐ STEP BACK
WEEK 6	○ ○ ○ ○ ○ □	○ ○ ○ ○ ○ □	○ ○ ○ ○ ○ □	○ ○ ○ ○ ○ □	○ ○ ○ ○ ○ □	○ ○ ○ ○ ○ □	○ ○ ○ ○ ○ □	5 × 55 · 10–15 min + meal Days completed ____ / 7 ☐ MOVE UP ☐ REPEAT ☐ STEP BACK

BASELINE COUNT

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WEEK-6 COUNT

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× MORE

5–7 days completed: move up · **3–4:** repeat · **0–2:** step back one week. The counts are finished pieces of meaningful work in a week.

Deep blocks first. All done before dinner. A bad day's minimum is one 25-minute block. It counts as a day trained, not a completed day.