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BONUS 03 | PRESENT FOR HER

# THE 90-DAY MARRIAGE LOG

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A Daily And Weekly Tracking Tool For The Christian Husband  
Working Through The 90-Day Marriage Restoration Plan

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BY VICTOR O.

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# A Daily Record Of The Restoration Work

The 90-Day Marriage Restoration Plan in Present For Her works through consistent daily practice across three phases. This log is the evidence record: a daily and weekly tracking tool that shows you, in writing, what is being applied and what is changing across the full 90 days.

Use it alongside the main guide. At the end of each day, take three minutes to complete the daily check in. At the end of each week, take ten minutes for the weekly reflection. That is all it requires.

## DAILY CHECK IN

Five quick items each day. Three yes or no questions covering the three core daily practices. A presence rating from 1 to 10. One specific thing you noticed about your wife today. Complete it before sleeping. It takes less than three minutes.

## WEEKLY REFLECTION

Four written questions at the end of each week. These go slightly deeper than the daily check in and help you see what is shifting across the week as a whole rather than day by day. Two or three sentences per question is sufficient.

## THE THREE PHASES

Phase One covers Weeks 1 through 4 and focuses on seeing your wife again. Phase Two covers Weeks 5 through 8 and focuses on emotional presence. Phase Three covers Weeks 9 through 12 and focuses on full integration. The daily questions shift slightly across phases to reflect the focus of each one.

*The log does not judge your performance. It records your practice. A week where the daily practices were applied inconsistently is still useful information. The honest record across 90 days is more valuable than a perfect record that was manufactured to look good. Write what actually happened.*

NAME

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DATE STARTED

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TARGET COMPLETION DATE

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PHASE ONE

# Seeing Her Again

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WEEKS 1 THROUGH 4

*The daily practices of the Person First approach, the Curiosity Practice and the Comparison Interrupt. The focus is on retraining how you see and respond to your wife.*

# WEEK 1

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

What specific shift, however small, did I notice in how I see my wife this week?

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Which of the three daily practices required the most deliberate effort this week?

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Was there a moment where the conditioned lens fired and I successfully interrupted it? Describe it briefly.

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What will I apply more consistently in Week 2?

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# WEEK 2

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

How did the Curiosity Practice change a conversation with my wife this week?

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Is the comparison reflex firing less frequently, more briefly, or with less power than Week 1?

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What did her responses to me tell me about what she is noticing in my presence?

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What is the one thing I want to do differently in Week 3?

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# WEEK 3

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

What evidence did I see this week that the processing order is beginning to change?

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Where did I fall short of genuine presence this week and what caused it?

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What does my wife seem to be feeling about the marriage right now based on her responses?

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How will I build on what worked in Week 3 going into Week 4?

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# WEEK 4

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

Looking at Weeks 1 through 4 as a whole: what is the most significant shift I can name honestly?

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What area of Phase One still requires the most deliberate effort as I move into Phase Two?

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Return to the Marriage Audit and answer Section One questions again. What changed?

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What am I bringing from Phase One into Phase Two as a foundation?

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PHASE TWO

# The Husband's Presence

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WEEKS 5 THROUGH 8

*Building emotional availability and genuine presence in the marriage. The focus shifts from how you see your wife to how present you are with her in every dimension of the marriage.*

# WEEK 5

PHASE TWO | THE HUSBAND'S PRESENCE  
 DATES: \_\_\_\_\_ TO \_\_\_\_\_

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

Was there a moment this week where I chose emotional presence over managed distance? Describe it.

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Where did I slip back into managed distance this week and what triggered it?

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What did genuine presence produce in the marriage this week that managed distance would not have?

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What does my wife need from me emotionally in Week 6 based on what I observed this week?

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# WEEK 6

PHASE TWO | THE HUSBAND'S PRESENCE  
 DATES: \_\_\_\_\_ TO \_\_\_\_\_

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

**Did I practise chosen vulnerability this week? What did I share and how did she respond?**

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**Where is the emotional distance in the marriage most stubborn right now?**

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**What did her responses this week tell me about what she most needs from me emotionally?**

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**What specific act of emotional presence will I prioritise in Week 7?**

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# WEEK 7

PHASE TWO | THE HUSBAND'S PRESENCE  
 DATES: \_\_\_\_\_ TO \_\_\_\_\_

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

Which of the three presence practices produced the most visible shift in the marriage this week?

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When did I feel most genuinely connected to my wife this week? What created that moment?

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What walls are still up that need to come down in the final week of Phase Two?

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What will full emotional presence in the marriage look like by the end of Week 8?

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# WEEK 8

PHASE TWO | THE HUSBAND'S PRESENCE  
 DATES: \_\_\_\_\_ TO \_\_\_\_\_

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

Looking at Weeks 5 through 8: what is the most significant emotional shift I can name honestly?

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Return to the Marriage Audit Section Three. What changed in my emotional distance scores?

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What does my wife seem to be experiencing in the marriage differently from Week 1?

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What am I bringing from Phase Two into Phase Three?

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PHASE THREE

# Full Integration

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WEEKS 9 THROUGH 12

*The visual rewiring of Phase One and the emotional presence of Phase Two come together in a marriage that is beginning to function as the covenant both of you intended.*

# WEEK 9

PHASE THREE | FULL INTEGRATION  
 DATES: \_\_\_\_\_ TO \_\_\_\_\_

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

**In what specific way is physical intimacy feeling different from how it felt at the beginning of this log?**

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**Where is the Familiarity Trap still most active? What does it feel like when it fires?**

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**What does consistent deliberate pursuit of my wife look like in practice this week?**

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**What will I do differently in Week 10 based on what Week 9 showed me?**

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# WEEK 10

PHASE THREE | FULL INTEGRATION  
 DATES: \_\_\_\_\_ TO \_\_\_\_\_

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

What evidence do I see that the restoration practices are becoming more natural and less effortful?

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Where is the marriage most alive right now and what created that?

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What is my wife experiencing in the marriage right now based on her responses and demeanour?

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What final work remains to be done in Weeks 11 and 12?

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# WEEK 11

PHASE THREE | FULL INTEGRATION  
 DATES: \_\_\_\_\_ TO \_\_\_\_\_

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

## WEEKLY REFLECTION

What is the most significant difference between the marriage in Week 1 and the marriage now?

\_\_\_\_\_

What daily practices are now automatic that required deliberate effort at the beginning?

\_\_\_\_\_

What still requires deliberate effort and likely will for some time to come?

\_\_\_\_\_

What do I want Week 12 to consolidate and make permanent?

\_\_\_\_\_

DAY	PERSON FIRST	CURIOSITY	INTERRUPT	PRESENCE	ONE THING I NOTICED ABOUT HER TODAY
DAY 1	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 2	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 3	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 4	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 5	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 6	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____
DAY 7	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	_____	_____

### WEEKLY REFLECTION

Complete the full Marriage Audit again. Compare all four sections to your Week 1 answers.

\_\_\_\_\_

What is the marriage now that it was not when you started this log? Be specific.

\_\_\_\_\_

What daily practices will you carry forward as the permanent structure of how you are married?

\_\_\_\_\_

Write one sentence to your wife, privately, about the husband you are committed to being.

\_\_\_\_\_

# The Final Reflection

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You have completed 90 days of deliberate, specific work to restore what the cycle damaged in your marriage. This page is for the final reflection.

***The husband I was when I began this log:***

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***The husband I am now:***

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***What my wife has not yet been told but has already been feeling:***

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***The specific practices I will carry for the rest of my marriage:***

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***The covenant I am renewing with her today:***

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DATE COMPLETED

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