

Day 1 – Assignment 1

RosterRecharge is an online sports software platform that coaches use to evaluate their athletes discipline, accountability and productivity. We have developed methodologies for youth, college and professional organizations. RosterRecharge’s H2OS AutoPilot program is specifically made for athletes in your age group.

Throughout this program the terms “H2OS” and “AutoPilot” may be used interchangeably together or separately. Just remember that they are both referring to the exact same thing.

The terms “AP” and “Accountability Partner” will also be used interchangeably. Anytime you see the abbreviation “AP” know that it simply means “Accountability Partner”.

The AutoPilot program includes a 5 day curriculum followed by 5 weekly follow-ups (35 days in total). Throughout the program you will learn the most effective way to accomplish your personal, athletic and academic goals. You will also be building a Support System of people who will help you meet those goals. If you decide to seize this opportunity, no dream will be out of your reach. This is not a chore. This is you taking control of YOUR life and YOUR destiny! If that isn’t motivation enough, there are plenty of immediate incentives that you will be able to earn now. Some of the AutoPilot incentives are:

- A professional athlete (in the NFL, MLB, NBA, MLS, NHL or WNBA) can send you a Personalized Video Message about; [a] your Goal Progression Log/AutoPilot progression, [b] your Highlight Tape or [c] whatever else you want to send in.
- You can earn tickets to NFL, MLB, NBA, MLS, NHL or WNBA games.
- You can earn letterman patches, plaques and medals.
- You can earn equipment and apparel from Nike, Under Armour, Reebok, Adidas, Wilson and many more.
- **You can receive four months of personal mentorship and guidance from athletes who [1] graduated from a D1 university and [2] played in the NFL, MLB, NBA, MLS, NHL or WNBA.**
- You can put together a detailed portfolio of your progress through the AutoPilot program. This can show tangible evidence that you are driven, motivated and hardworking. This portfolio will give you a huge advantage and may be your secret weapon when:
 - a. submitting college applications or essays
 - b. completing grant or scholarship applications
 - c. being evaluated by college recruiters
 - d. going into job or internship interviews

To earn these incentives, you will need to spend your AutoPilot Points. You earn AutoPilot Points for completing various tasks and meeting certain milestones. For example, if you complete the first five assignments within seven days you will earn 25 Bonus Points. Your Points (and everything else about your RosterRecharge account) are tied to your referral code. This is how our software tracks if you submitted your assignments late, on-time or not at all. When you log-in to your RosterRecharge account, the first page you see is called your **Dashboard** page. You can view your referral code in the Referral Statistics module located at the top-center of the **Dashboard** page.

Consider this **Boot-Camp**, AutoPilot is not meant to be easy! We understand that you may be busy with schoolwork, homework, practice, workouts, family, friends and maybe even a job. It might be hard to remember to do your daily assignment or activities. When life is hard, you have to work harder. This is what AutoPilot is all about. If you don't get an assignment done on time, don't make excuses – just get it done and get caught up. You will have a Teammate Accountability Partner (AP) so schedule one or two calls/texts with them EVERY DAY to make sure you both have completed your assignments. Better safe than sorry. Don't expect your coaches to remind you about what you need to get done. At the end of each evaluation period those who were diligent will reap the benefits – those who weren't will have to live with the consequences.

Evaluation Committee

Your team may have an Evaluation Committee. Committee members have administrative functions that give them a higher level of access (on the website) than regular profiles. RosterRecharge's software accumulates a lot of data and statistics for each athlete's personal profile. The committee helps the coaching staff evaluate the information and notify them if something is amiss. Your team's committee may be a group of RosterRecharge employees or it may be a mixture of assistant coaches, athletes, teachers, volunteers, trainers and/or alumni. It is the committee's job to be the eyes and ears of the head coach.

- Committee members will know who is completing their AutoPilot assignments properly and on time.
- They will know who is submitting their Goal Progression Log reports on time, who's submitting them late and who's not submitting them at all.
- They will be able to tell who is meeting their weekly goals and milestones.
- They will know who is interacting with their Teammate APs on a consistent basis.
- They are in charge of using RosterRecharge's administrative tools (software) to preform monthly and/or bi-weekly evaluations on each athlete. These evaluations will be given to the coaching staff.
- RosterRecharge Team Committee members will either be introduced to the team publicly or their identities will be only known by the coaching staff.

AutoPilot Final Exam

Assignment 1 – 5 each has its own vital information that will be asked about in the AutoPilot Final Exam. Make sure you fully understand all the content explained. If needed, view the Assignments multiple times to make sure you don't miss anything.

Here is a list ways you can start earning Bonus Points:

25 Bonus Points – Completing the Assignments 1 – 5 on time

Based on the team start date and when you registered your account, you are supposed to have Assignment 1 – 5 completed within seven days. Each assignment submitted before the seventh day will earn you 5 Bonus Points each.

25 Bonus Points – Your Teammate AP completes Assignments 1 – 5 on time

You will receive 5 Bonus Points for each Assignment that your Teammate AP submits within the first seven days. This is to motivate you to continually help and remind your Teammate AP.

Note: Teammate APs both get Bonus Points for summiting Assignments on time, but Teammate APs also both may be liable if one fails to follow the rules. Your coach may require extra running, conditioning or other punishments for failing to submit reports or assignments on time (or other rule violations). If this is the case, both the athlete who committed the violation AND their Teammate AP will have to suffer the consequences.

25 Bonus Points – Accumulate five consecutive Green Entries

*this will be explained in Assignment 2

25 Bonus Points – Ten Experience Questionnaires

*this will be explained in Assignment 3

25 Bonus Points – Preforming a Point Upgrade

*this will be explained in Assignment 4

25 Bonus Points – Complete all five Weekly Check-Ins on time

*this will be explained in Assignment 5

As you can see, an as you will continue to learn, a lot of emphasis is placed on punctuality. At your age, it is understandable to not be in the habit of meeting strict deadlines so we have many tools and procedures that will help you build these habits. We call these, RechargeReminders.

RechargeReminders can be used for many things, including:

- A. Reminding you to complete Assignments 1 – 5 on time (or review them for clarity)
- B. Reminding you to remind your Teammate AP to complete their 5 assignments on time
- C. Reminding you to contact prospective Accountability Partners
- D. Reminding you to think of new prospective Accountability Partners
- E. Reminding you to fill out your daily entries or submit your weekly entries
- F. Reminding you to download and/or set your Alarm app if you haven't already
- G. Reminding you to check up on your APs to make sure they're staying diligent
- H. Reminding you to help your APs build their own Accountability Support Systems (2nd Circle)
- I. Reminding you to take advantage of all the Bonus Point opportunities

RechargeReminder #1 – Subscribe to our daily Text Message Reminders

1. Text the word “RECHARGE” to 41411
2. Within a short time you will receive a response asking you to confirm you want to receive our text messages
3. **You need to respond with the letter “Y”**
4. Then you will receive a confirmation welcome text message
5. You will receive text messages once per day, usually in the afternoon or evening
6. Allow the text message to be your reminder
7. You may be automatically unsubscribed after 28 days. You will not receive any more text messages if you are unsubscribed. If you want to unsubscribe yourself at any time text “STOP” to 41411

RechargeReminder #2 – Set a daily reminder on your cell phone

1. If your phone does not already have some sort of Alarm app, download one. You can search the keyword “alarm” or “reminder” in your app marketplace. There should be plenty of FREE options to choose from.
2. Set the alarm to ring when you know you will be able to do the activity or assignment. If the ringer/sound is too loud or long, you usually will be able to switch the ringer/sound to something softer.
3. Consider setting multiple alarms in case you end up being too busy to act on the first alarm.

Day 2 – Assignment 2

For the first part of this assignment, you need to view the Interactive Video Presentation. This presentation is what the entire AutoPilot program is built around, so you need to make sure you fully understand the content.

Go to RechargeGoals.com

Complete Part 1 - 4 and watch the Step by Step Video Tutorials.

Make sure you fully understand what's explained in the Interactive Video Presentation before you continue

Ask questions and discuss anything that you don't fully understand with your [a] parents/guardians, [b] Teammate Accountability Partners and [c] coaches

A support system is defined as, "a network of people who provide an individual with practical, emotional and sometimes financial support." Practical support can come in the form of; a ride to practice or a job referral/reference. If ever you are frustrated and need to talk to someone about your situation, you can call on someone in your support system for emotional support. In certain circumstances, individuals in your support system can help you if you need financial support (for example: future fundraisers, college applications, college visits, sports equipment, sports camps etc...). The support system you build in the next month will likely still be around to help you for many years to come.

Too many players go without proper support or stability and feel that their families don't understand what they go through as an athlete. Unfortunately, those who do care (relatives/family/friends) seem absent because they simply never see an opportunity to be a positive influence. This is the opportunity! RosterRecharge aims to open the lines of communication and connect athletes to their supporters in a new and meaningful way. It helps supporters understand the challenges athletes go through and suggests ways for them to help.

One of this course's main objectives is to help you build a strong support system. The AutoPilot Program will:

Help you identify and notify those who are already part of your support system.

Help you communicate how you want your support system to help you reach your goals.

Help you add more people to your support system.

Do you want to be successful in life? Do you think it is possible to maintain success without working hard, smart and diligently? In order to be successful in sports, school or life you NEED to get in the habit of doing the small things on a consistent basis. It is easy to get distracted from the little things so RosterRecharge has developed methods that will help you stay on track through the emotional roller-coaster of life. This is how it works:

- A. Tell people what you are doing (Add the individuals on your support system as Accountability Partners)
- B. Show people what you are doing (Accountability Partners will have access to your Goal Progression Log)
- C. Allow people to hold you accountable (Consistently update your GPL and be honest about what you enter)

Earning AutoPilot Points

160 AutoPilot Points for every Silver Bundle that is connected to your Referral Code

32 AutoPilot Points for every Gold Account that is connected to your Referral Code

16 AutoPilot Points for every Silver Account that is connected to your Referral Code

8 AutoPilot Points for every Bronze Account that is connected to your Referral Code

Goal Profile

Pull out a blank sheet of paper and a pen/pencil. On the sheet of paper write down:

1. Two of your Athletic Goals
 - a. Tasks that will help you achieve them
 - b. UnProductives that may hinder you
 - c. Ratings that can keep you on track
 - d. Weekly Questions that will help you make weekly changes
 - e. Monthly Questions that will help you sum up your progress
2. Two of your Academic Goals
 - a. Tasks that will help you achieve them
 - b. UnProductives that may hinder you
 - c. Ratings that can keep you on track
 - d. Weekly Questions that will help you make weekly changes
 - e. Monthly Questions that will help you sum up your progress
3. Two of your Personal Goals
 - a. Tasks that will help you achieve them
 - b. UnProductives that may hinder you
 - c. Ratings that can keep you on track
 - d. Weekly Questions that will help you make weekly changes
 - e. Monthly Questions that will help you sum up your progress
4. Two Incentives you would like to earn using your AutoPilot Points
 - a. How many AutoPilot Points do you need to get these Incentives?
 - b. How do you plan on earning that many Points?
 - c. Where you able to find anything that may help you perform better on Eastbay.com?

Show this page to your potential accountability partners while you are conducting an appointment. It will help them understand what you are trying to accomplish so they can help/support you more efficiently.

Note: You can find a printable version of a 'Goal Profile Template' in the Download/Print section, located on your WorkStation.

Now it is time for you to create your own Goal Log. Follow the instructions as laid out in the “Creating a GPL Goal Log” video on RechargeVideos.com. The “Goal Title” should reflect one of the goals from your Goal Profile. If you have not received instructions on what fields to add, use the ones you came up with in your Goal Profile as well as the ones listed on Part 2 of the Interactive Video Presentation.

Once you have finished creating your Goal Log click the button to continue

This is the first week of the rest of your life. You are officially part of the <1% of Americans who write their goals down and review them on an ongoing basis.

You can get online each day and update your daily entry/daily stats, but if you ever are in a situation where you can't get on the computer there are other ways to stay on top of your Goal Log.

Week of:	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
Tasks								
Extra Study	1	1						
Stretch	2	1						
Pushups	1	1						
Sprints	1	2						
Air Squats	2	1						
Sit-ups	1	3						
Gym Workout	2	1						
Water	4	2						
Article	1	1						
Visualize Success	3	1						
Consider 10 Years	1	2						
Research Interests	1	0						
Steps to College	1	1						
Unproductive								
Skip Homework	0	0						
Upset Teacher	0	0						
Neglect Extra Credit	0	0						
Late to Class	0	0						
Unhealthy Meal/Snack	0	1						
Late to Practice	0	1						
Upset Coach	1	0						
Ratings								
Academic Effort	10	10						
Organization	9	9						
Athletic Effort	10	10						
Technique/Form	9	10						
Procrastination	7	10						
Motivation	9	9						
Productivity	10	9						
Mood/Attitude	9	9						
Respect	10	9						
Negative Influences	9	9						
Diligence/Honesty	6	10						
Weekly Questions								
What areas of my Academic performance can I improve on for next week?								
What area of my Athletic performance can I improve on for next week?								
Who worked harder than me this week?								
What were my greatest accomplishments this week?								
What, in my future, am I looking forward to?								

If you have a LogBook with the fields pre-filled out, you can just write in your stats.

Note: You can find a printable version of 'A AutoPilot Logbook Sheet' in the Download/Print section, located on your WorkStation.

Week of:	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
Tasks								
Extra Study	1	1	1					
Stretch	2	2						
Pushups	1	1	2					
Sprints	0	1	1					
Hit Squats	0	1	2					
Sit Ups	1	1	2					
20oz of Water	4	7	4					
Unproductive								
Sleep	0	0	0					
Homework	0	0	0					
Late to Class	0	0	0					
Late to Practice	0	0	0					
Unhealthy Meal	0	1	0					
Upset Teacher	1	0	0					
Upset Coach	0	0	0					
Ratings								
Academic Effort	7	8	9					
Athletic Effort	7	9	9					
Organization	4	9	10					
Technique	9	10	9					
Motivation	10	9	9					
Productivity	8	10	9					
Mood/Attitude	10	10	9					
Respect	7	9	10					
Diligence/Hustle	10	10	10					
Weekly Questions								

If you have a blank LogBook, you just need to write in the field names at the beginning of the week.

Note: You can find a printable version of 'A Blank Logbook Sheet' in the Download/Print section, located on your WorkStation.

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Extra Study	1	1	1				
Stretch	2	2	1				
Pushups	1	1	2				
Sprints	0	1	1				
Air Squats	0	2	2				
Sit-Ups	1	1	2				
Zoo Water	4	7	4				
Sleep Homework	0	0	1				
Late to Class	0	0	0				
Disruptive Meal	1	0	0				
Disrupt Teacher	0	0	0				
Reading AE	7	8	9				
Academic E	2	9	7				
Athletic E	8	10	10				
Organization	9	10	9				
Technique	8	10	10				
Motivation	7	10	10				
Productivity	7	9	10				
Mood/Attitude	10	10	9				
Respect	10	8	8				
Diligent/Honesty	10	10	10				

If you don't have a LogBook, you can create "PocketPaper". It is very easy to turn a regular sheet of paper into a week's worth of entries.

Each week starts on Sunday and ends on Saturday. If you are using a LogBook or PocketPaper do not forget to transfer your information onto the website sometime between Saturday (the end of the week) and Tuesday (three days into the following week) or else your submission will be counted as LATE. On time submissions are saved in your archive in the color GREEN, late submissions are saved into your archives colored in RED... Forever. Punctuality is a big part of this system, so make sure you submit your weekly reports on time.

Pressing the "Update" button is NOT the same as pressing the "Submit" button. If you do not press the "Submit" button BEFORE Wednesday your weekly report will be counted LATE.

To help you make sure all your entries stay GREEN, we have added a third RechargeReminder to the list. There are also new Bonus Point opportunities available!

NEW RECHARGEREMINDER

RechargeReminders can be used for many things, including:

- A. Reminding you to complete Assignments 1 – 5 on time (or review them for clarity)
- B. Reminding you to remind your Teammate AP to complete their 5 assignments on time
- C. Reminding you to contact prospective Accountability Partners
- D. Reminding you to think of new prospective Accountability Partners
- E. Reminding you to fill out your daily entries or submit your weekly entries
- F. Reminding you to download and/or set your Alarm app if you haven't already
- G. Reminding you to check up on your APs to make sure they're staying diligent
- H. Reminding you to help your APs build their own Accountability Support Systems (2nd Circle)
- I. Reminding you to take advantage of all the Bonus Point opportunities

RechargeReminder #1 – Subscribe to our daily Text Message Reminders

1. Text the word "RECHARGE" to 41411
2. Within a short time you will receive a response asking you to confirm you want to receive our text messages
- 3. You need to respond with the letter "Y"**
4. Then you will receive a confirmation welcome text message
5. You will receive text messages once per day, usually in the afternoon or evening
6. Allow the text message to be your reminder
7. You may be automatically unsubscribed after 28 days. You will not receive any more text messages if you are unsubscribed. If you want to unsubscribe yourself at any time text "STOP" to 41411

RechargeReminder #2 – Set a daily reminder on your cell phone

1. If your phone does not already have some sort of Alarm app, download one. You can search the keyword "alarm" or "reminder" in your app marketplace. There should be plenty of FREE options to choose from.
2. Set the alarm to ring when you know you will be able to do the activity or assignment. If the ringer/sound is too loud or long, you usually will be able to switch the ringer/sound to something softer.
3. Consider setting multiple alarms in case you end up being too busy to act on the first alarm.

RechargeReminder #3 – The Pillow2Door Method

- 1. Put your LogBook or PocketPaper on your pillow.**
- 2. When you try to go to sleep for the night you will be reminded to do your daily entry.**
- 3. Once you do your daily, put your LogBook in your doorway OR on top of your keys.**
- 4. When you try to leave in the morning you will be reminded to**
- 5. GO BACK TO STEP 1 (Put your LogBook or PocketPaper back on your pillow)**

Note: You can find a printable version of 'RechargeReminders' in the Download/Print section, located on your WorkStation.

NEW BONUS POINT OPPORTUNITY

25 Bonus Points – Completing the Assignments 1 – 5 on time

Based on the team start date and when you registered your account, you are supposed to have Assignment 1 – 5 completed within seven days. Each assignment submitted before the seventh day will earn you 5 Bonus Points each.

25 Bonus Points – Your Teammate AP completes Assignments 1 – 5 on time

You will receive 5 Bonus Points for each Assignment that your Teammate AP submits within the first seven days. This is to motivate you to continually help and remind your Teammate AP.

Note: Teammate APs both get Bonus Points for submitting Assignments on time, but Teammate APs also both may be liable if one fails to follow the rules. Your coach may require extra running, conditioning or other punishments for failing to submit reports or assignments on time (or other rule violations). If this is the case, both the athlete who committed the violation AND their Teammate AP will have to suffer the consequences.

25 Bonus Points – Accumulate five consecutive Green Entries

Each week starts on Sunday and ends on Saturday. Weekly Entries submitted before Wednesday are saved as GREEN, late submissions are saved as RED.

25 Bonus Points – Ten Experience Questionnaires

*this will be explained in Assignment 3

25 Bonus Points – Performing a Point Upgrade

*this will be explained in Assignment 4

25 Bonus Points – Complete all five Weekly Check-Ins on time

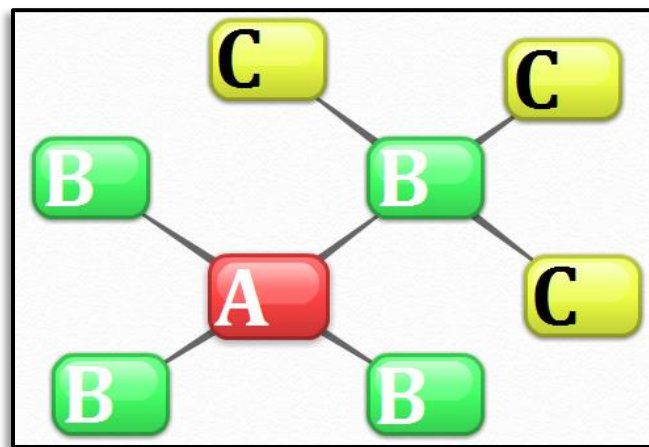
*this will be explained in Assignment 5

Day 3 – Assignment 3

Pull out your **AP SHEET 1**. On the first page, write the names of people who would consider being part of your support system and/or create a RosterRecharge personal profile.

There are three lists (write on another sheet of paper if you need more space):

1. **Your Family, Relatives and Family Friends** – Think of everyone who falls into this category and write down at least ten. Family and Extended Family include; parents, grandparents, brothers, sisters, cousins, uncles, aunts, step-siblings etc...
2. **Your Friends, Mentors and Teachers** – Don't forget about your classmates who are not on your particular sports team, they can become valuable Accountability Partners. Your current/past teachers, counselors and school administrators are also some people you may consider.
3. **Parent's/Guardian's Potential Accountability Partners (Second Circle)** – This section is for your parent or guardian to fill out. Your parents have goals that they want to accomplish. The Goal Progression Log is a tool made to help people successfully reach their goals. If your parents get a RosterRecharge membership, they can add their own friends and co-workers as Accountability Partners to help them reach those goals. This is called a "Second Circle." **This image will help explain what a Second Circle is:**



- A. The red[A] bubble represents you
- B. The green[B] bubbles represent your Accountability Partners (APs). Notice that there are lines connecting you to your APs.
- C. The yellow[C] bubbles represent one of your AP's APs. Let's pretend that the top-right green[B] bubble is your friend Jim. You signed up Jim and he likes using the Goal Progression Log so much that he invited his three siblings (the three yellow[C] bubbles) who you have never met. Jim's APs have access to his Goal Progression Log, but they do not have access to yours (unless you decide to add them). If Jim uses your referral code, you will still receive AutoPilot Points for the three people Jim signed up. In this example, Jim is part of your "circle" of APs, but he also has his own Second Circle (the yellow[C] bubbles).

Accountability Partners' main objective is to support you as you strive toward your goals. To better guide you and your APs in the endeavor, we have put together the following list of 'Roles' your APs can take on. They can try to associate with multiple Roles or none; it is completely up to you and your AP on how the relationship will function.

Accountability Roles

Periodic Accountability (PA)

This basically means that your AP will check up on you whenever they feel like it... maybe a couple times a month or a couple times a year.

Task Masters (TM)

In charge of making sure you reach all of your weekly and monthly milestones. For example; if your goal is to drink 21 glasses of water a week, your Task Master is who you will have to answer to if you only drink 17 glasses.

Time Keepers (TK)

In charge of making sure you submit all your weekly and monthly reports on time. It is the Time Keepers job to make sure you don't have any RED entries in your archive.

Biggest Critiques (BC)

In charge of giving you thorough and constructive criticism about any issues you are having. Biggest Critiques should be people who will be the first one to call you out on your nonsense, while at the same time being the first to praise any of your successes.

Motivators (MO)

In charge of reminding you about "The Big Picture" and all the future possibilities that are available to you if you stay diligent. There may be a day that you forget why you are even doing what you're doing... that is when your Motivators will remind you of what is waiting at the end of your journeys.

Chroniclers (CH)

Chroniclers communicate with you and your Accountability Partners to get everyone's perspectives. They will then write out periodic updates about your progress, milestones and successes. Updates can be one sentence or one page. The fact that a record is being kept will likely alter the way you go about your daily activities in a positive way. After a few months (or years) you will begin to truly cherish the ongoing biography being written about your life.

Collaborators (CO)

Collaborators are people who have goals or milestones they want you to hold them accountable for. You will be responsible for checking up on their progress from time to time. You should also help them build their own Accountability Support System filled with their friends and acquaintances.

Note: You can find a printable version of 'AP Roles' in the Download/Print section, located on your WorkStation.

On **AP SHEET 1**, there is a line titled "Roles". This is where you can write which Roles you think they might want to assume. Try not to write more than three Roles per person. Use the two letter abbreviations for the Role so you will have enough space.

Once you have finished writing down prospects on **AP SHEET 1**, you (or your parent/guardian) will need to call and set up formal appointments with each of these people. **Appointments are explained in Assignment 4.** When an appointment is scheduled, write the date and time next to their name. Next to the date and time, you will see a **"T:____"** (the **"T"** stands for **Type of Appointment**). This is where you write either **"P"** for a phone appointment or **"I"** for an in-person appointment. All prospective Accountability Partners need to be approved by a parent or guardian before any prospects are contacted. If needed, make sure your parent/guardian is present and the set meeting date/time works for their schedule. Here is an example of what you can say to set the appointment:

"My team has started a program that will help me track my goals and be more productive. I want you to be involved. Can we schedule a 30 minute meeting so I can explain the program and ask you a few life-experience questions. We can do the meeting in person or on the phone, but an in person meeting is preferred"

Note: It is highly recommended that the prospect has internet access during the meeting. If it is an in person meeting, make sure to do it somewhere where you have a computer/laptop and internet. If it is a phone meeting, make sure that they will be at a location where they have access to a computer/laptop and the internet. It is not mandatory for there to be a computer during the meeting, but it is recommended.

On the day of the meeting (or the evening before if it's an early meeting), call the prospect to confirm/remind them about the meeting. Confirming the appointment is important because the person may have forgot and scheduled something else for them self. On the first page of the **AP SHEET 1** put a check in the **"AC"** box, when you remind the prospect/confirm the appointment. **"AC"** stands for Appointment Confirmed.

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25 Bonus Points – Accumulate five consecutive Green Entries

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25 Bonus Points – Ten Experience Questionnaires

When you conduct an appointment with a prospective accountability partner they will be given an Experience Questionnaire after they register their account. You will receive 25 Bonus Points if you get at least 10 registrants to answer at least 3 questions on the Questionnaire. This is only valid if the person's name appears on both AP SHEET 1 and AP SHEET 2.

25 Bonus Points – Performing a Point Upgrade

*this will be explained in Assignment 4

25 Bonus Points – Complete all five Weekly Check-Ins on time

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Day 4 – Assignment 4

Conducting an Appointment

Try to go through all the steps exactly as it is laid out here. Feel free to print out this Assignment and use it as a guide when you are conducting an appointment.

Step 1: View Interactive Video Presentation

Step 2: Answer Questions and Ask Questions

Step 3: Discuss Purchase Options

Step 4: Help Supporter Register Their Account

Step 5: View Questionnaire

1. View Interactive Video Presentation:

If it is a phone meeting, call the prospect and send them to www.RechargeGoals.com so they can view the 4 Part presentation. You can either stay on the phone as the videos play or you can tell them that you will call them back in 30 minutes once they have finished watching the videos.

Let them know beforehand that you will be asking them to rate their understanding of Parts 1 - 4 from 1 - 10.

2. Answer Questions and Ask Questions:

This is why it is important that you watch the videos and fully understand how everything works. Call them back [if it's a phone meeting] and ask them if they have ANY questions about the videos or the H2OS AutoPilot Program. If there are any questions you don't know the answer to, ask someone on your team or press the "Help" button within the Interactive Video Presentation and fill out the form.

Show and discuss your Goal Profile. It will help them understand what you are trying to accomplish so they can help/support you more efficiently. It will also make them more interested in becoming part of your support system. You can even show them how they can make their own Goal Profile.

On the Sign Up Sheet (**AP SHEET 2**), write the name of the supporter your meeting with. Next, there are five columns labeled A – E. The following explains what needs to be written in each column:

Column A

Ask them to rate their understanding of the topics presented in Part 1 – 4. In the box, write a number between 1 and 10. If the number is below 7 ask more questions to figure out what they are not fully understanding.

Column B

Ask them how they feel about using the Pillow2Door Method or an Alarm App to remind them to go after their own goals. Ask them how they feel about building their own Accountability Support System (2nd Circle) to keep them diligent about their aspirations. In the box write "R" if they are only interested in using **Reminders** like the Pillow2Door Method or an Alarm App. Write "C" if they are only interested in building a 2nd **Circle** to help them with their goals. Write "B" if they are interested in **Both**, or write "N" if they are interested in **Neither**.

Column C

Ask them to take a second look at the GPL Suggestions list that was explained in Part 3 of the Interactive Video Presentation. Write "Y" for Yes, if they are interested in using the Goal Progression Log to track some of the fields on that list. Write "N" for No if they are not interested in any of the fields on the list.

Column D

If they are interested in using the Goal Progression Log to track fields that are not on this list (or that they came up with on their own) write "Y" for Yes or "N" for No. If they are, ask if they are comfortable sharing them with you – they may be good ones for you to track as well.

Column E

In Assignment 3 you went over a list of optional Roles the Supporters can assume. Explain which Roles you think might be a good fit for them. If they are interested in assuming any of these Roles, write their abbreviations in the box. Write "PA" for Periodic Accountability, "TM" for Task Master, "TK" for Time Keeper, "BC" for Biggest Critique, "MO" for Motivators, "CH" for Chroniclers and "CO" for Collaborators. This is one of the best ways to cultivate a strong and engaged Accountability Support System so go back to Assignment 3 if you need to review how each Role functions.

3. Discuss Purchase Options:

Membership (explained in the Interactive Video Presentation)

Ask them which membership they want to purchase; Bronze, Silver or Gold. On the Sign Up Sheet (AP SHEET 2); the 'F/B/S/G' column is where you; write "F" if they only want to sign up for a Free Account, write "B" if they purchase a Bronze Account, write "S" if they purchase a Silver Account or write "G" if they purchase a Gold Account.

You will receive:

32 AutoPilot Points for every Gold Account purchased using your Referral Code

16 AutoPilot Points for every Silver Account purchased using your Referral Code

8 AutoPilot Points for every Bronze Account purchased using your Referral Code

LogBooks (explained in the Interactive Video Presentation and RechargeBooks.com)

Ask them if they understand the "Pillow2Door Method" and if they want to purchase any Log Books by going to www.RechargeBooks.com - 'LB' is where you write the number of Logbooks they purchased.

Silver Bundle (explained in the Interactive Video Presentation and RechargeSilver.com)

You will receive 160 AutoPilot Points if a Silver Bundle is purchased using your Referral Code. Silver Bundles can be purchased by going to www.RechargeSilver.com. In the 'SB' column, write how many Silver Bundles they purchased.

Team Sponsorship (explained in the Interactive Video Presentation and RechargeSponsorship.com)

Ask them if they are interested in purchasing a Team Sponsorship. If a supporter becomes a Team Sponsor, your whole team account may be upgraded to include additional tools and features that were not previously available to your coaches and teammates. Additionally, the supporter's company can advertise on one of the interactive (and animated) banner slot that will be seen by the team and its entire fan base. There are only two banner slots available so visit www.RechargeSponsorship.com for more information and to see a demonstration. In the 'TS' column, put a check if they would like to become a Team Sponsor.

4. Help Supporter Register Their Account:

In order for your supporter to properly sign up, they need to use your personal Referral Code on the RechargeLogin.com Registration Page. You can find your code by logging into your RosterRecharge account and looking in the top-center in the 'Referral Statistics' module. When your supporter is signing up, make sure they choose "Referral Code" and your user-name appears when they click "Verify". Don't forget there is a video that explains how to Sign Up at www.RechargeVideos.com

On **AP SHEET 2** write in the email they used to create their account under the "Account Email" column.

5. View Questionnaire:

During registration they will see a list of questions that will help you learn some valuable life lessons. Have a **verbal discussion** about each of those questions. If they want, they can also type in the answers. If not, they can just skip them and click “Continue”.

Note: You can find a printable version of ‘Steps 1 – 5 for Conducting an Appointment’ in the Download/Print section, located on your WorkStation.

Your First Appointments

Go through the 5 steps in-person with a parent/guardian, and then find another relative or close friend to go through the 5 steps with over the phone. Make sure you properly write down all your supporters’ information on **AP SHEET 1** AND **AP SHEET 2**. You will need to turn in these pages in order to use you’re **Bonus Points**.

Try to go through all the steps exactly as it is laid out here. Feel free to print out this Assignment and use it as a guide when you are conducting an appointment.

Earning AutoPilot Points

160 AutoPilot Points for every Silver Bundle that is connected to your Referral Code

32 AutoPilot Points for every Gold Account that is connected to your Referral Code

16 AutoPilot Points for every Silver Account that is connected to your Referral Code

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**You are officially ready to start conducting appointments,
earning **AutoPilot Points** and building your AP Support System!**

NEW BONUS POINT OPPORTUNITY

25 Bonus Points – Completing the Assignments 1 – 5 on time

Based on the team start date and when you registered your account, you are supposed to have Assignment 1 – 5 completed within seven days. Each assignment submitted before the seventh day will earn you 5 Bonus Points each.

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You will receive 5 Bonus Points for each Assignment that your Teammate AP submits within the first seven days. This is to motivate you to continually help and remind your Teammate AP.

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25 Bonus Points – Accumulate five consecutive Green Entries

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When you conduct an appointment with a prospective accountability partner they will be given an Experience Questionnaire after they register their account. You will receive 25 Bonus Points if you get at least 10 registrants to answer at least 3 questions on the Questionnaire. This is only valid if the person's name appears on both AP SHEET 1 and AP SHEET 2.

25 Bonus Points – Performing a Point Upgrade

Just like Supporter members can upgrade their accounts, Athlete Accounts can be upgraded. Currently your account is 'Basic'. This means that you will not be able to add Accountability Partners or use the National Athletes Roundtable. To upgrade your account to 'Advanced' you have to go to your Settings page, click "Upgrade Membership" and pay \$30. There is a second way to upgrade your membership called a 'Point Upgrade'. On your Dashboard, in the Referral Statistics module (where you view your Referral Code), it shows you the amount of Referral Points (AutoPilot Points) you have. Once this number goes over '30' your account will automatically be upgraded. Spending your Points on incentives will deplete your points but doing a Point Upgrade will not reset or effect the amount of points you have. In fact, you will earn an additional 25 Bonus Points just for doing a Point Upgrade instead of paying \$30.

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*this will be explained in Assignment 5

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- F. Reminding you to download and/or set your Alarm app if you haven't already
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Day 5 – Assignment 5

Adding Supporter Members as APs

On RechargeVideos.com, the video called “Sending an AP Request” shows you how to add someone as your Accountability Partner. People will not be able to view or comment on your Goal Progression Log unless you add them as an Accountability Partner. When a Supporter member clicks ‘Roster’ (while logged-in) they will only be able to see Coaches and other Supporters – they will not be able to view Athlete profiles. Since they cannot view Athlete profiles, they cannot send you an AP Request. This means, you will have to follow the instructions on the video and send them an AP request. Once you do so, all they need to do is click ‘Settings,’ then click ‘Manage Accountability Partners.’ Once they do that, they will be taken to a page that will let them approve your request.

Viewing Weekly Entries

To view someone else’s Weekly entry click ‘Goals’ then click ‘Accountability Partners’. You will then see a list of your current Accountability Partners. Click ‘View’ and then click on the Goal Log. Finally, click on the Weekly Entry that you want to view. You can add comments to the bottom of this page if you want.

If you believe you successfully added an AP, but you cannot see them on your ‘Accountability Partners’ list then both members need to: click ‘Settings,’ then click ‘Manage Accountability Partners.’ Click ‘Edit’ and set their status to “Approved” then click ‘Update’.

Goal Log Comments and EVALs

An EVAL is an **EVAL**uation that members give one another. To complete an EVAL, go to the bottom of the users Weekly Entry and answer the following questions:

1. Rate my effort 1 – 10
2. What areas can I improve on?
3. What areas do you see improvement in?
4. Any ideas or strategies I should consider?
5. Am I exceeding your expectations, why or why not?
6. Do you have anything motivational to add?
7. Additional comments?

Parent/Guardian Introduction Survey

Have your parents/guardians answer the following four section survey. They need to have watched all four parts of the Interactive Video Presentation prior to doing this survey. As explained in Assignment 4, it is recommended that you complete a full appointment with them before they do this survey.

Section 1 – Rate each of the fields from 1 – 10, based on how beneficial you believe it will be for the athlete.

You can either print this page, or write the ratings on a separate sheet of paper.

Color Codes:		Academic Excellence	Athletic Improvement	Champion Mindset	Forever Starts Today
Rating	Tasks	Description			
	Extra Study	Studying (at home) what was learned at school today			
	Stretch	A set/routine of stretches * designated by coaching staff			
	Pushups	A set/routine of pushups *			
	Sprints	A set/routine of sprints *			
	Air Squats	A set/routine of air-squats *			
	Sit-ups	A set/routine of sit-ups *			
	Gym Workout	A full routine of gym exercises and lifts *			
	Water	A 10 ounce cup or bottle of water			
	Article	Reading a sports related magazine/online article			
	Visualize Success	Utilizing visualization techniques to evoke positive emotions			
	Consider 10 Years	Imagine what you want to/could be doing 10 years from now			
	Research Interests	Research different professions in a wide range of fields			
	Steps to College	Research scholarships, apply for grants, email schools etc...			
Rating	UnProductives	Description			
	Skip Homework	Not working on homework the same day it was assigned			
	Upset Teacher	Self-explanatory			
	Neglect Extra Credit	Failing complete activities that would earn extra credit			
	Late to Class	Self-explanatory			
	Unhealthy Meal/Snack	Self-explanatory			
	Late to Practice	Being late to a scheduled practice or workout			
	Upset Coach	Self-explanatory			
Rating	Ratings	Description			
	Academic Effort	Effort put into school work			
	Organization	Cleanliness at home/class/locker... Efficiency of storage space			
	Athletic Effort	Effort put into athletic development			
	Technique/Form	Effort put into the finesse and fine details of athletic skills			
	Procrastination	Not doing tasks when they could (or should) be done			
	Motivation	General desire or willingness to do what should be done			
	Productivity	How much work was done vs. how much time you had to do it			
	Mood/Attitude	How happy/positive you were as you went through the day			
	Respect	Amount of respect given to your peers, teachers and coaches			
	Negative Influences	Amount of unproductive people or situations you encountered			
	Diligence/Honesty	Effort & honesty put into monitoring things tracked by the GPL			
Rating	Weekly Questions				
	What areas of my Academic performance can I improve on for next week?				
	What area of my Athletic performance can I improve on for next week?				
	Who worked harder than me this week?				
	What were my greatest accomplishments this week?				
	What, in my future, am I looking forward to?				
Rating	Monthly Questions				
	What were my greatest Academic accomplishments this month?				
	What were my greatest Athletic accomplishments this month?				
	What is my personal definition of a Champion?				
	What is my personal definition of Success?				
	What evidence is there, that I am heading toward my desired future?				

Write the following answers on the back side of the paper you wrote the ratings on.

The program is most effective when both the athlete and their role models are striving for their goal together.

Section 2 – Are there any additional fields that you think would be beneficial for your athlete to track via the GPL?

Section 3 – Part 3 of the Interactive Video Presentation provides a long list of field suggestions for you to choose from. If you were to use the GPL, what fields (not limited to the ones suggested) would you like to track?

Section 4 – Your athlete can be your first GPL Accountability Partner and the Pillow2Door method will ensure that you never forget to update your Goal Log. Are there any other friends, relatives, co-workers or acquaintances that could also hold you accountable? Do you think any of these people could also benefit from tracking their goals via the Goal Progression Log?

This survey needs to be turned into your coach along with [a] the signed form (checklist), [b] AP SHEET 1 and [c] AP SHEET 2.

If you can, try to have two or three family members complete this survey.

Note: You can find a printable version of 'The AutoPilot Survey' in the Download/Print section, located on your WorkStation.

Using Bonus Points

If you want to redeem an Incentive, the amount of Bonus Points you use cannot be more than 1/3 (33.33%) of the amount required to obtain the Incentive. For example;

If an Incentive requires 150 Points to obtain, the maximum amount of Bonus Points you can use would be 50. So this means you would have to use 100 AutoPilot Points and 50 Bonus Points to obtain the Incentive.

If an Incentive requires 75 Points to obtain, the maximum amount of Bonus Points you can use would be 25. So this means you would have to use 50 AutoPilot Points and 25 Bonus Points to obtain the Incentive.

If an Incentive requires 300 Points to obtain, the maximum amount of Bonus Points you can use would be 100. So this means you would have to use 200 AutoPilot Points and 100 Bonus Points to obtain the Incentive.

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25 Bonus Points – Complete all five Weekly Check-Ins on time

On the AutoPilot WorkStation page, there are five Weekly Check-Ins. They are to be completed at the same time you submit your first five Weekly Reports/Goal Logs. Each week starts on Sunday and ends on Saturday. Weekly Check-Ins submitted before Wednesday (of the following week) are considered on time. Your Goal Progression Log's may be saved as RED if you do not complete the Weekly Check-Ins AND your Weekly Entry (Goal Log) on time. You will receive 5 Bonus Points for each Weekly Check-In submitted on time.

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