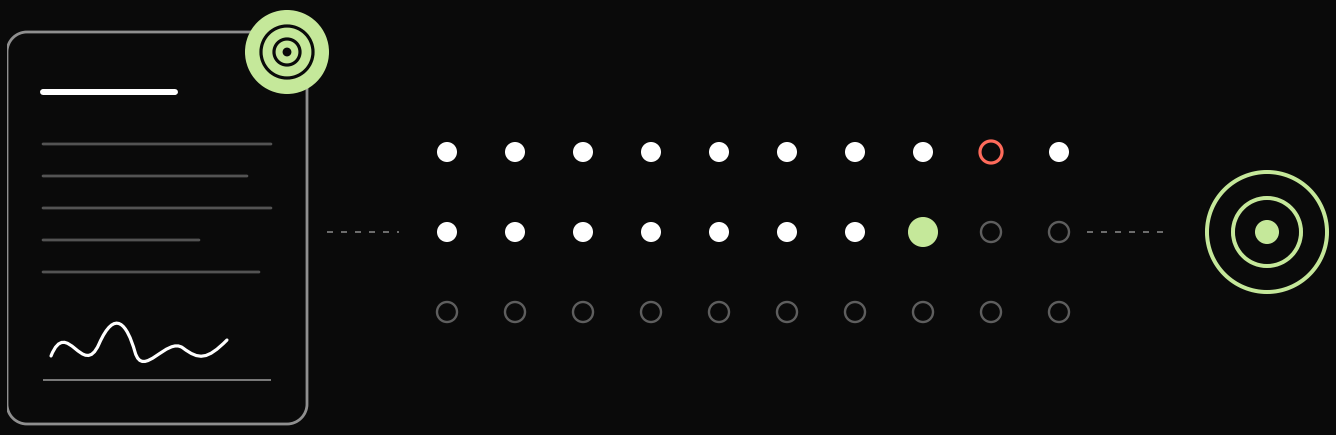
The Proof Kit.

A self-accountability kit: a pledge you sign with yourself, stakes you design, rules for what counts as done, and a 30-day log that keeps the score honest.



SIGNED · DAY 0 — 30 CHECK-INS, EACH WITH PROOF — DONE

Thirty-five minutes. One pledge. Rules you can't argue with.

Everything in here stays between you and the page. You write the rules, you set the price of a miss, and you keep the receipts. You are the only one grading, so the kit is built to make grading easy and fair.

TOOL 1 · PAGE 04

Proof rules

Decides what counts as done for your kind of goal, and what each check-in has to show.

TOOL 2 · PAGE 05

The stakes menu

Five levels of consequence, mild to serious, and a test that keeps yours safe and fair.

TOOL 3 · PAGE 06

The rhythm picker

A two-question tree that sets how often you check in: daily, on session days, or weekly.

TOOL 4 · PAGE 07

The loophole closer

Eight common ways out of a promise, each with the rule that shuts it in advance.

THE ORDER

Take the audit
2 min · page 03

Read the tools
12 min · pages 04 to 09

Sign the pledge
20 min · pages 10 + 11

Log it
1 min a day · page 13

YOU'LL LEAVE WITH

- A signed pledge with a finish line you can check
- A stake that passed all seven checks of the sting test
- Your favorite loopholes, closed in writing
- Day 1 of your log, with its proof

Kai's pledge, filled in and run for two weeks, is on pages 08 and 09. Page 12 is for later, when part of the system stops working and you need the fix.

How fairly do you grade yourself?

Score each line 0, 1 or 2, about the last goal you tracked. There's no bad total. It just shows which tool will save you the most arguments with yourself.

	THE STATEMENT	CIRCLE ONE	FIX IN
01	I've ticked something done when it was only started.	0 NEVER · 1 SOMETIMES · 2 OFTEN	TOOL 1
02	I've filled in a tracker days later, from memory.	0 NEVER · 1 SOMETIMES · 2 OFTEN	TOOL 3
03	When I miss a target, I lower it instead of logging the miss.	0 NEVER · 1 SOMETIMES · 2 OFTEN	TOOL 4
04	I round my numbers up. 18 minutes goes down as 20.	0 NEVER · 1 SOMETIMES · 2 OFTEN	TOOL 1
05	I've skipped a check-in because I knew the answer was bad.	0 NEVER · 1 SOMETIMES · 2 OFTEN	TOOL 3
06	I decide a skipped day was "allowed" after I've skipped it.	0 NEVER · 1 SOMETIMES · 2 OFTEN	TOOL 4
07	I've set myself a consequence and then let it slide.	0 NEVER · 1 SOMETIMES · 2 OFTEN	TOOL 2
08	My consequences are so mild I barely notice paying them.	0 NEVER · 1 SOMETIMES · 2 OFTEN	TOOL 2

TOTAL TODAY

_____ / 16

0 TO 4 · STRAIGHT
Your log can be trusted. Go to Tool 2 and give it some teeth.

5 TO 9 · GENEROUS
Very common. The gaps are in your rules, not you. Tool 4 first.

10 TO 16 · LENIENT
Start with Tool 1. Decide what counts before the work, not after it.

Take it again on day 30 and write the new total here. Lower is the goal.

Day 30 total _____ / 16

TOOL 1

Proof rules.

01

Decide what counts before you do the work. Once the session is over, you're both the student and the examiner, and the examiner always marks kindly. Pick your proof now, while you're neutral.



PHOTO

The thing itself in frame, plus something that dates it: a sticky note with today's date, or your lock screen.



NUMBER

Written with its unit and its source. "5.2 km, from my watch" counts. "A decent run" doesn't.



FILE

Saved with the date at the start of the name, like 11-03-chapter2. Sorted by name, it becomes a log.



TIMESTAMP

A start and stop time from a timer or app history. A screenshot of the timer at the end is enough.

IF YOUR GOAL IS	PROOF THAT COUNTS	DOESN'T COUNT
Training a race, strength, a sport	Distance, time or weight from your watch or logbook, with the date.	"Good session."
Making something a draft, an app, artwork	The dated file, its word or page count, or a photo of the finished part.	"Worked on it for a bit."
Learning a skill language, code, music	Timer minutes plus one output: a recording, a worked page, a quiz score.	Videos watched about it.
Money saving, paying off debt	A dated transfer receipt or the balance screen, same day each week.	"Spent less than usual."
Cutting something out spending, scrolling, a drink	A mark made at your check-in time, plus one number: screen time, receipts, count.	"Mostly stuck to it."

THE 4-POINT PROOF TEST · ALL FOUR, OR IT'S A MISS

- ☐ **Dated** — It shows when, not only what.
- ☐ **Specific** — It shows the task, not the topic.
- ☐ **Made then** — Captured within an hour, never rebuilt later.
- ☐ **Readable cold** — You, a month from now, could tell if it counts.

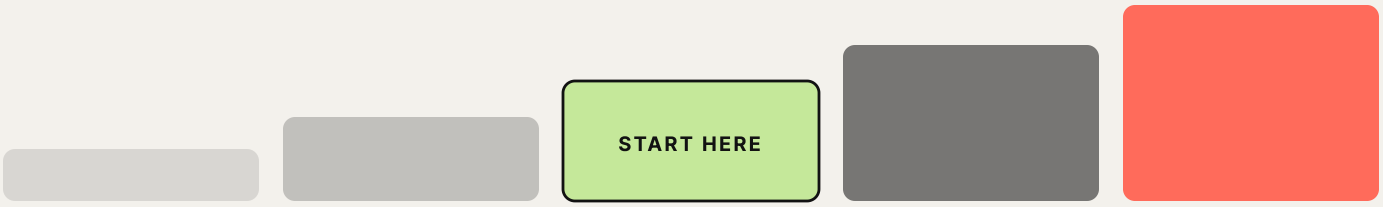
TOOL 2

The stakes menu.

02

A stake is a price you agree to pay yourself when the proof isn't there. Pick from the menu, one level at a time. The right one is the mildest stake that would still make you rearrange your evening.

MILD ----------> SERIOUS



1 · NUDGE

Tomorrow's coffee out is skipped. The next episode waits until the proof is in.

2 · WITHHELD

The thing you planned to buy moves back one week for every miss.

3 · PAUSED

48 hours with no gaming or streaming. The Saturday lie-in is canceled.

4 · EFFORT

One hour on the chore you keep dodging, done the same day.

5 · MONEY OUT

$20 to $50 to a cause you would never choose, paid within 24 hours.

THE STING TEST · YOUR STAKE NEEDS ALL SEVEN

- [ ] **It stings.** You'd change plans to avoid it.
- [ ] **It's safe.** No harm to your body, sleep or health.
- [ ] **It's legal**, and fair to everyone around you.
- [ ] **It's affordable.** It never touches rent, bills or savings.
- [ ] **Only you pay.** Nobody else loses anything.
- [ ] **It's ready.** Set up before day 1, nothing to decide.
- [ ] **It's in proportion.** One miss, one stake.

OFF THE MENU

Skipping meals or sleep. Exercise as punishment. Money you need. Anything that hurts you, or lands on someone else.

ADJUSTING IT

Paid the same stake twice and changed nothing? Go up one level. Feels out of proportion to one miss? Go down one.

WRITE IT AS ONE SENTENCE

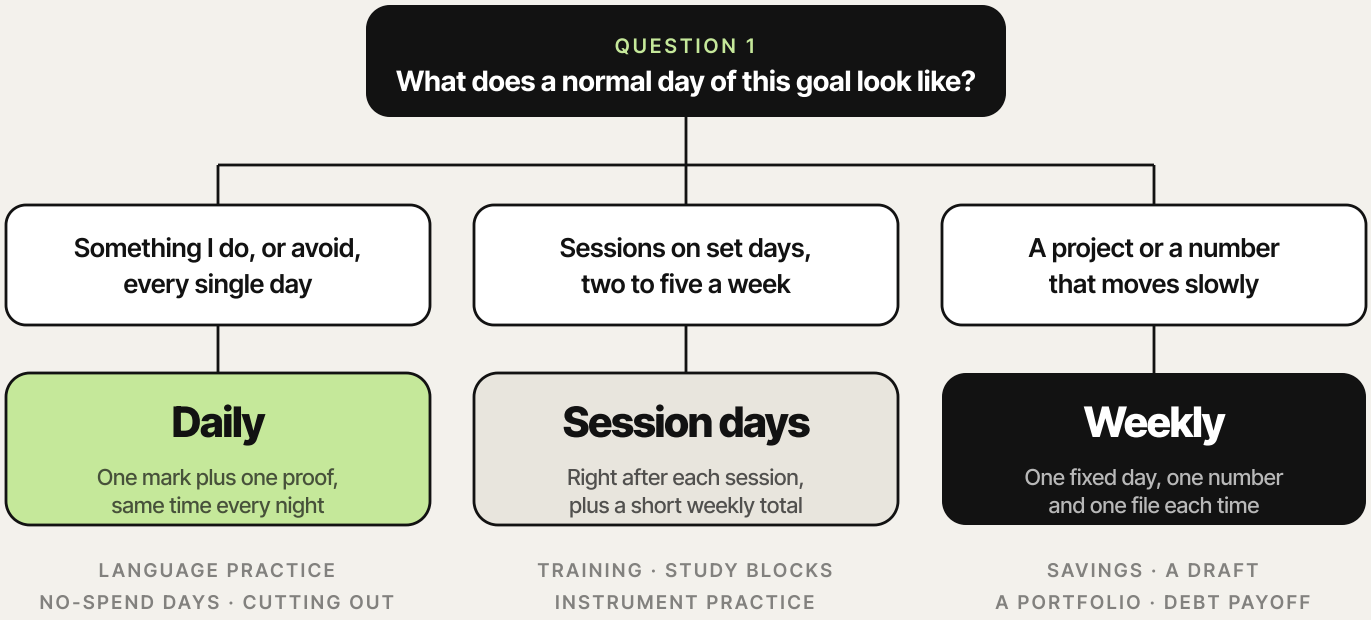
If the proof is missing at my cut-off, then I pay my stake within 24 hours, and log it as paid.

TOOL 3

The rhythm picker.

03

Check in too rarely and a slip goes unnoticed for weeks. Check in too often and the check-in becomes the chore. Follow the tree once, then circle your answer in clause 4 of your pledge.



QUESTION 2

Has this goal slipped on you before? Then move one box to the left for the first four weeks. Weekly becomes session days, session days become daily. Move back on a review day once four weeks are logged.

EVERY CHECK-IN IS THREE LINES · UNDER TWO MINUTES

1 · DONE?
Yes, pass day, or miss. "Partly" counts only if it met your written minimum.

2 · PROOF?
Where it lives: the photo, the file name, the number with its unit.

3 · NEXT?
The next session, with a day and a time. Not "soon".

Pin it to something fixed.
Check in right after something you already do daily: clearing the table, plugging in your phone, the commute home.

Same notebook, same spot.
The log on page 13 lives where you check in. If you have to find it first, you'll check in later, from memory.

The loophole closer.

04

The ways you'll try to wriggle out later are predictable today. Read all eight, circle the two you'd reach for first, and copy their rules into clause 5.

1 THE LOOPHOLE
"I'll do it later tonight."
CLOSED Cut-off time. No proof by 9 pm means a miss, whatever happens at 9:05.

2 THE LOOPHOLE
"Half of it still counts, right?"
CLOSED Only the minimum written in your pledge counts. Less than that is a miss.

3 THE LOOPHOLE
"I'll do double tomorrow."
CLOSED No make-up sessions. A miss stays logged, and tomorrow's target stays the same.

4 THE LOOPHOLE
"I was sick, so it doesn't count."
CLOSED Two pass days a month, declared in the log before the cut-off, never after.

5 THE LOOPHOLE
"I'll take the photo next time."
CLOSED Proof within one hour of the work, or the work goes down as a miss.

6 THE LOOPHOLE
"The target was too high anyway."
CLOSED Targets change on review day only, in writing, starting the following week.

7 THE LOOPHOLE
"I skipped the check-in, so it's blank."
CLOSED A skipped check-in is a miss, and the stake applies like any other.

8 THE LOOPHOLE
"It's basically done."
CLOSED Done means the finish line in clause 2, word for word. Close is not done.

FIND YOUR OWN

Finish the line "I could still get out of it by..." three times. Each answer gets a rule on page 11.

WRITE RULES AS NUMBERS

"Late" becomes 9 pm. "Most days" becomes 5 of 7. A rule with a number can't be argued with.

ALL FOUR TOOLS, FILLED IN

Kai's Spanish pledge.

GOAL + DATE	AUDIT SCORE	TOOL 3 · RHYTHM	TOOL 2 · STAKES
B1 Spanish, June 6	9 of 16 · generous	Daily, 9:30 pm	Level 3, then level 5

CLAUSE	WHAT KAI WROTE	WHY HE WROTE IT THAT WAY
1 · The pledge	Sit the B1 Spanish exam on June 6, ready to pass.	The exam is booked and paid for. The date can't drift.
2 · Done means	Two full mock exams scored 70% or higher by May 23, then the real exam sat on June 6.	He can't control the result. He can control the mocks.
3 · Proof	Timer screenshot of 15+ min, plus a photo of the notebook page with the date at the top. Sundays: a mock section score.	Tool 1: one proof shows time, the other shows output.
4 · Rhythm	Daily. Check in at 9:30 pm at the desk, right after the dishes.	Tool 3: a daily goal that has slipped on him twice before.
5 · Rules	Minimum: 15 min. Cut-off: 10 pm. 2 pass days a month, declared before 6 pm. No doubling up. A skipped check-in is a miss.	Tool 4: doubling up was his favorite way out last time.
6 · Stakes	1 miss: no gaming the next day. 2 misses in one week: $30 to a cause I'd never pick, paid by Monday noon.	Two levels: a small price for a slip, a bigger one for a pattern.
7 · Changes	Sundays only, in writing, starting the next Monday.	Stops him renegotiating at 9:58 pm.

FROM HIS LOOPHOLE LIST · PAGE 11

"I'll study in bed instead." Desk only. Bed sessions don't count.

"The app streak counts as practice." Only timer minutes plus a notebook page.

HIS PROOF FOLDER, SORTED BY NAME

```
02-01-timer.png
02-01-notebook.jpg
02-07-mock-reading-58.png
02-09-pass-flight.txt
```

Kai

SIGNED

Sunday, January 31

DATE



SEAL COLORED IN

Kai's first fourteen days.

DAY 1 MON	DAY 2 TUE	DAY 3 WED	DAY 4 THU	DAY 5 FRI	DAY 6 SAT	DAY 7 SUN
✓ T + P	✓ T + P	✓ T + P	✓ T + P	✗ none	✓ T + P	✓ N 58%

DAY 8 MON	DAY 9 TUE	DAY 10 WED	DAY 11 THU	DAY 12 FRI	DAY 13 SAT	DAY 14 SUN
✓ T + P	PASS declared	✓ T + P	✗ no check-in	✗ T 10 min	✓ T + P	✓ N 61%

T = timer screenshot · P = notebook photo · N = number (mock score)

DAY	WHAT HAPPENED	WHAT THE RULES SAID
5 · Fri	Worked late. Sat down at 9:50 pm, too tired to start.	No proof by 10 pm, so a miss. No gaming Saturday. Paid, and logged as paid.
7 · Sun	First mock reading section: 58%.	The first weekly number. Clause 2 needs 70% by May 23, so it goes on the log.
9 · Tue	Flight at 7 pm. Wrote "pass day" in the log at 2:15 pm.	Declared before 6 pm, so it's a pass, not a miss. 1 of 2 for February used.
11 · Thu	Forgot to check in. Noticed the next morning.	A skipped check-in is a miss. Logged as a miss on Friday morning, not left blank. No gaming Friday.
12 · Fri	Did 10 minutes and wanted to call it done.	Under the 15-minute minimum: a miss. No gaming Saturday, and as the week's second miss, $30 paid Monday at 9 am.

DONE	PASS DAYS	MISSES	STAKES PAID
10	1	3	4/4

SUNDAY, DAY 14 · THE ONE CHANGE KAI MADE

All three misses came after 9:30 pm on a work night. From Monday, the check-in moves to 8 pm, before the dishes. Targets, stakes and minimum stay as signed.

My pledge.

TOOLS 1 TO 4

1 THE PLEDGE

I, _____ , pledge to _____

_____ by _____ .

2 DONE MEANS · A FINISH LINE YOU COULD CHECK COLD

_____

_____

_____

3 PROOF · CIRCLE WHAT EACH CHECK-IN SHOWS

PHOTO · NUMBER · FILE · TIMESTAMP

made within _____ of the work

Exactly what it shows: _____

4 RHYTHM · CIRCLE ONE

DAILY · SESSION DAYS · WEEKLY

at _____ right after _____

5 RULES · NUMBERS, NOT ADJECTIVES

The minimum that counts: _____ Cut-off time: _____

Pass days a month: _____ Declared before: _____

Loopholes closed (from page 11): _____

_____

6 STAKES · PASSED THE STING TEST

If _____

then _____ within _____ hours.

7 CHANGES

Only on _____ , in writing, from the following week. Review dates: _____ _____



_____ _____

SIGNED DATE · DAY 0 color in when signed

My stakes and loopholes.

TOOLS 2 + 4

MY STAKES, ONE PER LEVEL · CIRCLE THE ONE I'M STARTING WITH

1 **Nudge** _____

2 **Withheld** _____

3 **Paused** _____

4 **Effort** _____

5 **Money out** _____

STING TEST FOR THE ONE I CIRCLED

- ☐ It stings
- ☐ It's safe
- ☐ It's legal
- ☐ It's affordable
- ☐ Only I pay
- ☐ It's set up
- ☐ In proportion
- **= 7 of 7?**

Set up before day 1 (amount, where, how): _____

MY LOOPHOLE LIST

I COULD STILL GET OUT OF IT BY...	THE RULE THAT CLOSES IT (A NUMBER OR A TIME)

POCKET CARD · CUT OUT

My three rules

Keep it where you check in, or tape it inside your notebook cover.

1 _____

2 _____

3 _____

TROUBLESHOOTING

When the system slips, here's the fix.

WHAT YOU NOTICE	WHAT'S USUALLY BEHIND IT	THE FIX
I keep paying the stake, and nothing changes.	The stake is cheaper than the effort.	Go up one level on the menu. If you're at level 5, cut the daily target by a third instead.
I avoid checking in because of the stake.	It's out of proportion to one miss.	Drop one level on review day. A skipped check-in still counts as a miss.
I do the work but forget the proof.	Proof is a separate step, so it gets dropped.	Make it the last move of the session: the timer screenshot is how a session ends.
My proof is all there. The goal isn't moving.	You're proving time spent, not progress.	Add one weekly number tied to clause 2: a score, a count, a balance.
I argue with my own pledge at the cut-off.	A clause uses words where it needs numbers.	Log tonight as written. On review day, rewrite that clause with a time or a count.
I fill in the log days later.	The check-in has no fixed moment.	Pin it to something you do every day, and keep the log in that spot.
One pass day turned into four.	Passes weren't capped or declared ahead.	Two a month, written before the cut-off. A third one is a miss.
My proof would be easy to fake.	It shows effort, not output.	Add the output to it: the page, the recording, the file. Harder to fake is easier to trust.
I want to change the goal halfway.	The goal or the date was off from the start.	Allowed on review day only. Sign a new pledge and start a fresh log at day 1.
It's all too easy. I never miss.	The minimum was set for your worst day.	Good. Raise the minimum on review day and sign a new version.

THREE OR MORE? If three rows here describe your last two weeks, stop patching. On your next review day, fill in pages 10 and 11 from scratch, using what the log showed you, and sign the new version.

PRINT ME · ONE BOX A CHECK-IN

The 30-day proof log.

DAY 1 DATE _____

Circle one: ✓ done with proof · ✕ miss · PASS declared in time **Proof:** P photo · N number · F file · T timestamp **$** tick when a stake is paid

01 ✓ ✕ PASS PNFT $ ☐	02 ✓ ✕ PASS PNFT $ ☐	03 ✓ ✕ PASS PNFT $ ☐	04 ✓ ✕ PASS PNFT $ ☐	05 ✓ ✕ PASS PNFT $ ☐	06 ✓ ✕ PASS PNFT $ ☐
07 REVIEW ✓ ✕ PASS PNFT $ ☐	08 ✓ ✕ PASS PNFT $ ☐	09 ✓ ✕ PASS PNFT $ ☐	10 ✓ ✕ PASS PNFT $ ☐	11 ✓ ✕ PASS PNFT $ ☐	12 ✓ ✕ PASS PNFT $ ☐
13 ✓ ✕ PASS PNFT $ ☐	14 REVIEW ✓ ✕ PASS PNFT $ ☐	15 ✓ ✕ PASS PNFT $ ☐	16 ✓ ✕ PASS PNFT $ ☐	17 ✓ ✕ PASS PNFT $ ☐	18 ✓ ✕ PASS PNFT $ ☐
19 ✓ ✕ PASS PNFT $ ☐	20 ✓ ✕ PASS PNFT $ ☐	21 REVIEW ✓ ✕ PASS PNFT $ ☐	22 ✓ ✕ PASS PNFT $ ☐	23 ✓ ✕ PASS PNFT $ ☐	24 ✓ ✕ PASS PNFT $ ☐
25 ✓ ✕ PASS PNFT $ ☐	26 ✓ ✕ PASS PNFT $ ☐	27 ✓ ✕ PASS PNFT $ ☐	28 REVIEW ✓ ✕ PASS PNFT $ ☐	29 ✓ ✕ PASS PNFT $ ☐	30 ✓ ✕ PASS PNFT $ ☐

DAY 30 TALLY **Done** _____ **Pass** _____ **Miss** _____ **Stakes paid** _____

BADGES · COLOR THEM IN AS YOU EARN THEM



First proof in the log



7 check-ins, none late



A miss logged the same night



A stake paid on time



A loophole closed in writing



30 boxes filled, hits and misses

Sign it tonight. Prove day one before bed.

Fill in clauses 1 to 3 on page 10 and sign it. Then do one session at your written minimum, take the proof, and circle box 01 on page 13. Under twenty minutes, start to finish.

Pledger keeps your pledge, your stakes and every check-in's proof in one place.

usepledger.com

Next in The Pledger Method: comment **REVIEW** on any @usepledger post for The Ten-Minute Review.