

VanguardHQ — Weekly Discipline Sheet

Week of: _____

This sheet is not about perfection. You are not expected to hit 100% every day — no man does. Consistency, not flawlessness, is the weapon. The compound effect of small habits builds unbreakable men.

One blank is not failure. Two blanks repeated is drift. This sheet is proof of your week. Hold discipline or be held by drift.

Standard	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Discipline							
Brotherhood							
Power							
Service							
Legacy							
Mindset							
Strength							
Action							

Reflection / Notes:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.