

# The Rule of 40.

FRONT · THE TRACKER  
ANNO MMXXVI · FIRST EDITION

Forty days. Six daily disciplines. One 48-hour fast at the close. Tick each cell as the discipline is completed.

Sundays are tinted; Train (II) does not apply. The fast — column VII — is a single 48-hour fast across Days 39 and 40 only.

DAY	<i>I</i> Read <i>(Lectio)</i>	<i>II</i> Train <i>(Labora)</i>	<i>III</i> Reflect <i>(Ora)</i>	<i>IV</i> Vice <i>(Abstine)</i>	<i>V</i> Serve <i>(Servi)</i>	<i>VI</i> Rise <i>(Surge)</i>	<i>VII</i> Fast <i>(Jejunium)</i>
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Sabbath — no Train (II) on Sundays

The fast — one 48-hour fast across Days 39 & 40

# The Rule of 40.

BACK · DECLARATION & RULE  
BEFORE DAY ONE

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## MY VICE — declared in ink, before Day 1

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*The thing that has power over me. Cannot be changed for the full forty days.*

## MY FAST — one 48-hour fast on Days 39 and 40

Begin on the evening of Day 38. Water only for 48 hours. End on the evening of Day 40.

Begin the fast with prayer and intention. End the fast with prayer.

FAST BEGINS · EVENING OF DAY 38

FAST ENDS · EVENING OF DAY 40

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## MY ACCOUNTABILITY BROTHER — one man, told before Day 1

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*A commitment made in private is a preference. A commitment made before others is a vow.*

### THE ONLY RULES

- i. All seven disciplines must be honoured across the 40 days. The 48-hour fast happens on Days 39 and 40.
- ii. If you miss any daily discipline on any day, you restart at Day 1. The counter resets.
- iii. The fast must be honoured on Days 39 and 40. A fast chosen only when convenient is not a fast.
- iv. Tell at least one other man before you begin. A commitment in private is a preference.
- v. No modifications. No swaps. No negotiating with yourself about what “counts.”
- vi. Document it. This sheet is your document.

### THE SABBATH

Sunday is the day the body rests. No training, no work, no counting. Walk 20 minutes outside.

The other disciplines remain — Scripture, reflection, service, rising, vice. If Day 39 or 40 falls on a Sunday, the fast continues. The streak does not break for resting as God commanded.

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*“But seek first the kingdom of God and his righteousness,  
and all these things will be added to you.”*

MATTHEW · 6 : 33

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