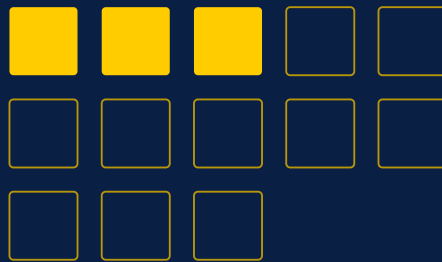


BONUS THREE · AFRICANHOMEFront

The 90-Day Intentionality Tracker

Thirteen Weeks. Weekly Actions.
No Loss Of Dignity.



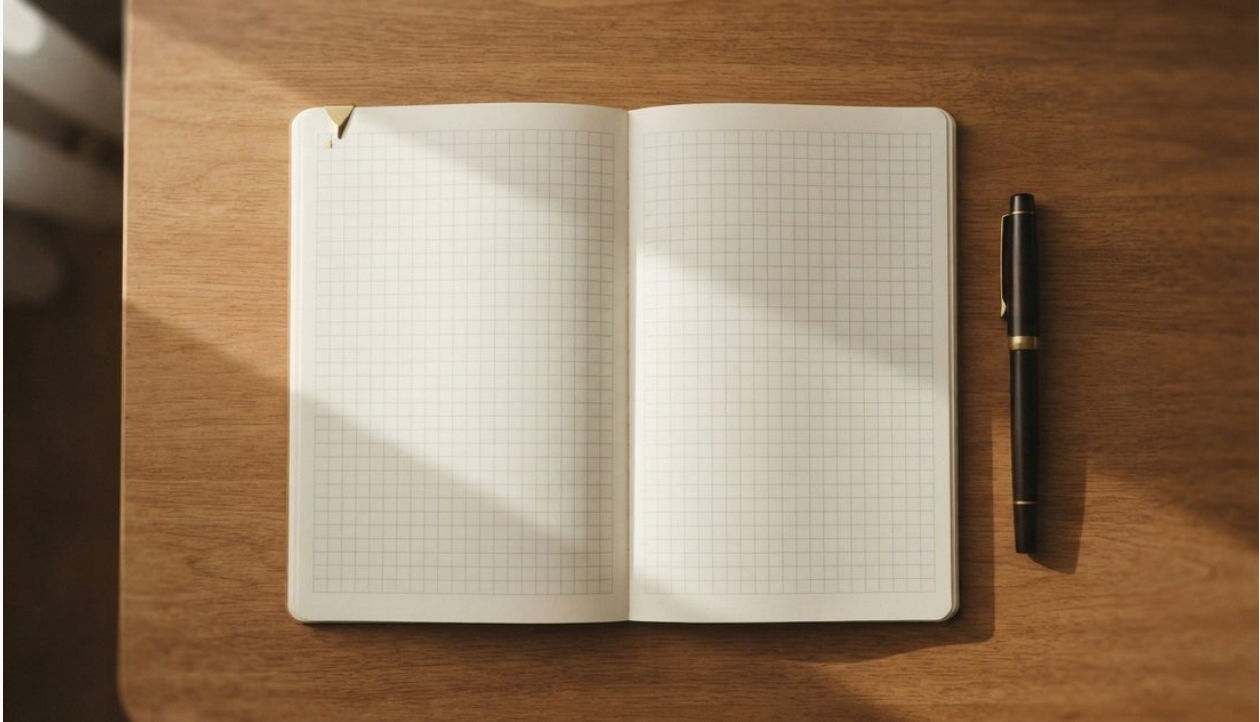
Week one begins the day you open this.

Onovo Jonathan

AFRICANHOMEFront

BONUS THREE

The 90-Day Intentionality Tracker



HOW TO USE THIS

Chapter 8 of the main guide gave you the thirteen-week plan. This is the version with room to work in.

Print it if you can. A tracker on a screen gets closed. A tracker on a desk gets filled.

Fill it in weekly, not daily. Five minutes every Sunday evening. That is the entire commitment.

One rule above all others: the only variable you control is attendance. Not whether anyone appears, not whether it is working. Did you attend what you said you would attend. Answer that honestly for thirteen weeks and the rest follows.

SETUP

Complete before Week One

My baseline

From Chapter 1 of the main guide.

Life Position Audit score: _____ / 30

Section A (financial): _____ / 12

Section B (relational): _____ / 12

Section C (time & intention): _____ / 6

My zone: _____

Date: _____

My three spaces

From the Circle Map, Chapter 6.

Space	Type	Day & time	First attendance date
1	Professional		
2	Faith / community		
3	Recreational		

Minimum: two must survive to Week 13. At least one must be weekly.

My criteria

From Chapter 5, or the Values Audit Workbook.

Dealbreakers (max 4):

1. _____
2. _____
3. _____
4. _____

Ranked preferences:

1. _____
2. _____
3. _____

My blind spot: _____

Start date

Week One begins: _____

Week Thirteen ends: _____

Re-baseline date: _____



The Dignity Boundary

Read this before Week One. Read it again at Week Seven.

This plan will **never** ask you to:

- ■ Contact a man who has not reciprocated
- ■ Conceal your income, position, property or achievements
- ■ Attend anything solely to be seen
- ■ Accept a dealbreaker
- ■ Chase resolution during a silence
- ■ Make yourself smaller in a room
- ■ Treat any single man as the outcome of this plan

If you find yourself doing any of these, you have left the plan. Return to this page and start the week again.



PHASE ONE — PRESENCE

Weeks 1–4

Objective: new rooms become normal rooms. No man is required to appear.



WEEK 1 — Enter

Action: Attend space one. Speak to whoever speaks to you and no more.

Attended space 1?	Y / N — date: _____
New adults in the room	_____
Would I return?	Y / N

Notes: _____

Sunday review — did I attend what I said I would? ■ Yes ■ No If no, what took it?



WEEK 2 — Establish

Action: Return to space one. Attend space two for the first time.

Space 1 attended?	Y / N
Space 2 attended?	Y / N
Faces I recognised from last week	_____

Recognition is the first evidence the mechanism is working. Even one face counts.

Notes: _____

Sunday review: ■ Yes ■ No · If no: _____



WEEK 3 — Complete the set

Action: Space two again. Space three for the first time. Have one conversation of three minutes or longer, about anything.

Space 2 attended?	Y / N
Space 3 attended?	Y / N
Conversation of 3+ minutes?	Y / N — with whom: _____
Most sustainable space (not most promising)	_____

Notes: _____

Sunday review: ■ Yes ■ No · If no: _____



WEEK 4 — Prune

Action: Attend all three. Then decide honestly whether one is unsustainable. If so, drop and replace. **Minimum two.**

Spaces attended this week	1 ■ 2 ■ 3 ■
---------------------------	-------------

Total hours the three consumed	_____
Dropping any?	Y / N — which: _____
Replacement	_____

Notes: _____

Sunday review: ■ Yes ■ No · If no: _____



PHASE ONE REVIEW

Weeks I attended everything I planned	_____ / 4
Spaces still active	_____
Do new rooms feel ordinary yet?	Y / Not yet

Phase One succeeded if the rooms feel ordinary. Nothing else was required.

One sentence on how that went:



PHASE TWO — APPLICATION

Weeks 5–8

Objective: the instruments come out.



WEEK 5 — Practise the screen

Action: Run the Three-Interaction Screen on **two men you have no interest in whatsoever**. A colleague. Someone's husband. Anyone.

Man	Interaction	Type reading

Why: practising at zero stakes is how the screen becomes automatic. You do not want the first run to be on someone who matters.

Spaces attended: 1 ■ 2 ■ 3 ■

Sunday review: ☐ Yes ☐ No · If no: _____



WEEK 6 — Reactivate the network

Action: Tell **ten people**, in ordinary conversation, one sentence: *"If you know someone serious, I would be open to meeting him."*

Then stop. Do not follow up. Do not remind them.

#	Who	Date
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

! This is the week most women skip. It is also the one that most often produces something, because it is the closest available substitute for the dense circles that used to do this automatically.

How many did I actually tell? _____

Spaces attended: 1 ☐ 2 ☐ 3 ☐

Sunday review: ☐ Yes ☐ No · If no: _____



WEEK 7 — Apply the criteria

Action: Score any candidate against your seven, in writing. If none has appeared, score the last man you were interested in.

Man scored: _____

Criterion	✓ ✗ ?
1.	
2.	

Criterion	✓ x ?
3.	
4.	
5.	
6.	
7.	

Score: ____ / 7 · Dealbreakers unmet: ____ · "?" marks: ____

Re-read the dignity boundary this week.

Spaces attended: 1 ■ 2 ■ 3 ■

Sunday review: ■ Yes ■ No · If no: _____



WEEK 8 — Midpoint check

Action: Re-run **Section B** only of the Life Position Audit — questions 5 to 8.

	Baseline	Now
Q5 — relationship status		
Q6 — new quality men met in person		
Q7 — clarity on criteria		
Q8 — spaces where he exists		
Section B total	____ / 12	____ / 12

Q6 and Q8 should have moved. If they have not, count your actual attendances over eight weeks — the number is usually smaller than the memory.

Actual attendances, weeks 1–8: _____

Sunday review: ■ Yes ■ No · If no: _____



PHASE TWO REVIEW

Weeks I attended everything I planned	____ / 8
People told in Week 6	____ / 10
Men screened	____

Section B movement

_____ points

One sentence: _____



PHASE THREE — RESISTANCE AND ADJUSTMENT

Weeks 9–13

Objective: find what you have been avoiding and do exactly one thing about it. This is the phase everyone underestimates.



WEEK 9 — Name the resistance

Action: Write the honest answer to: *what have I avoided in the last eight weeks?*

Not what you lacked time for. What you **avoided**. The space you stopped attending. The four people you did not tell. The conversation you did not start. The candidate you did not score because you already knew the answer.

The single biggest item: _____

Nobody is reading this. Be unkind to yourself if necessary.

Spaces attended: 1 ■ 2 ■ 3 ■

Sunday review: ■ Yes ■ No · If no: _____



WEEK 10 — Address exactly one

Action: Do the single item from Week 9. One. Not all of them.

What I did
Date
What I expected would happen
What actually happened

The gap between those last two is usually large. Noticing it is what dissolves the avoidance next time.

Spaces attended: 1 ■ 2 ■ 3 ■

Sunday review: ■ Yes ■ No · If no: _____



WEEK 11 — Deepen instead of widening

Action: In your strongest space, take a **role**. Join the committee. Volunteer for the unit. Offer to help organise something.

Space
Role taken
How often it meets
Date I start

Roles convert attendance into acquaintance. A woman on a committee is met properly by twelve people. A woman in the audience is met by nobody.

Spaces attended: 1 ■ 2 ■ 3 ■

Sunday review: ■ Yes ■ No · If no: _____



WEEK 12 — Audit the candidates

Action: List every man you have had real interaction with over twelve weeks. Score each. Sort into three.

Name	Type reading	Criteria score	Dealbreakers unmet	Verdict
		___/7		
		___/7		
		___/7		
		___/7		
		___/7		

Verdicts: Pursue · Observe · **Closed**

Then act. Invest where the score justifies it. Close what is closed.

Worth pursuing
Worth observing
Closed

Spaces attended: 1 ■ 2 ■ 3 ■

Sunday review: ■ Yes ■ No · If no: _____



WEEK 13 — Re-baseline

Action: Re-run the **full** Life Position Audit. All thirty points. **Do not look at your baseline until you have finished answering.**

	Baseline	Week 13	Change
Section A	___ / 12	___ / 12	
Section B	___ / 12	___ / 12	
Section C	___ / 6	___ / 6	
TOTAL	___ / 30	___ / 30	
Zone			

Watch Section B specifically. Section A rising while Section B stays flat is the single track reasserting itself, and a healthy total can hide it completely.



THE WEEK 13 HONEST CHECK

Tick what is true. Not what you intended.

- ■ I attended two or three spaces consistently for twelve weeks
- ■ I told ten people
- ■ I took a role in one space
- ■ I ran the screen on real men
- ■ I scored candidates against written criteria

If you ticked four or five, the plan worked — regardless of whether a man appeared. You have moved from a closed loop to an open one with your criteria intact, and the mathematics of who you encounter has changed permanently.

Do not conclude the market is empty. Twelve weeks cannot support that conclusion, and reaching for it is usually resistance wearing a rational costume.

If you ticked two or fewer, that is more useful information than any outcome: the obstacle is not the men. It is whatever stopped you attending. Take that to Chapter 15's drift checklist.



THE NEXT 90 DAYS

New start date: _____

Spaces continuing: _____

One thing I will do differently: _____

Next re-baseline: _____



RUNNING MEN LOG

Keep this across the full thirteen weeks.

Name	Met (wk)	Where	Type	Criteria score	Status
				___/7	
				___/7	
				___/7	
				___/7	
				___/7	
				___/7	

Name	Met (wk)	Where	Type	Criteria score	Status
				___/7	
				___/7	



ATTENDANCE TALLY

The most honest number in this tracker. Tick each week you attended everything you planned.

1 ■ · 2 ■ · 3 ■ · 4 ■ · 5 ■ · 6 ■ · 7 ■ · 8 ■ · 9 ■ · 10 ■ · 11 ■ · 12 ■ · 13 ■

Total: _____ / 13

- **10 or more** — the plan ran. Whatever your outcome, you did this properly.
- **6 to 9** — partial. Identify the single block that kept failing and either defend it or replace it.
- **5 or fewer** — the plan did not run. Not a failure — it simply did not happen. Restart from Week One this Sunday. Nothing here has expired.



Onovo Jonathan · AfricanHomeFront onovo.online · facebook.com/Africanhomefront ·
eccentricconcept2@gmail.com

**AFRICANHOMEFRONT****Onovo Jonathan** · Abuja, Nigeria

onovo.online · facebook.com/Africanhomefront · eccentricconcept2@gmail.com



This workbook accompanies **I Built Everything They Said To Build. Why Am I Still Alone?** — the main guide. Every tool here expands one you have already used there.

This document provides general information. It is not medical, psychological or legal advice.