



ACTT Daily Activity Log – Ahavas Chesed 3 Module

Abbreviations: 1) LK = Chofetz Chaim: Loving Kindness by Rabbi Fishel Schachter and Mrs. Chana Nestlebaum; 2) AC = *Ahavas Chesed*; 3) JF = *Judging Favorably*;
4) KDD = *Kavanah During Davening*; 5) AM = *Anger Management*; 6) HT = *Hakaras HaTov*; 7) SL = *Shmiras HaLashon*; 8) B = *Bitachon*

		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
EXAMPLE DAILY ENTRY – current module’s activity/action and up to 2 maintenance activities/actions					
Day	m/d/07	√	LK	x	√
					AC: Helped someone find a job; and/or JF: Did not jump to conclusions; and/or KDD: Meditated for 5 minutes before
					davening; and/or AM: Took a brisk walk to release anger; and/or HT: Appreciated a friend’s thoughtfulness and said
					thank you; and/or SL: Paused to think before speaking; and/or B: Trusted that whatever Hashem does is for my good
Note: This is a continuation of the <i>Ahavas Chesed</i> module and starts with Day 124 of the <u>Chofetz Chaim: Loving Kindness</u> text					
Fri	06/13/08		LK	124	
Sat	06/14/08		LK	125	
Sun	06/15/08		LK	126	
Mon	06/16/08		LK	127	
Tue	06/17/08		LK	128	
Wed	06/18/08		LK	129	
Thu	06/19/08		LK	130	
Fri	06/20/08		LK	131	



ACTT Daily Activity Log (continued) – Ahavas Chesed 3 Module

		Learned (√)		Activity/Action		
Date		√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Sat	06/21/08		LK	132		
Sun	06/22/08		LK	133		
Mon	06/23/08		LK	134		
Tue	06/24/08		LK	135		
Wed	06/25/08		LK	136		
Thu	06/26/08		LK	137		
Fri	06/27/08		LK	138		
Sat	06/28/08		LK	139		
Sun	06/29/08		LK	140		
Mon	06/30/08		LK	141		
Tue	07/01/08		LK	142		



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		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Wed	07/02/08	LK	143		
Thu	07/03/08	LK	144		
Fri	07/04/08	LK	145		
Sat	07/05/08	LK	146		
Sun	07/06/08	LK	147		
Mon	07/07/08	LK	148		
Tue	07/08/08	LK	149		
Wed	07/09/08	LK	150		
Thu	07/10/08	LK	151		
Fri	07/11/08	LK	152		
Sat	07/12/08	LK	153		



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		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Sun	07/13/08	LK	154		
Mon	07/14/08	LK	155		
Tue	07/15/08	LK	156		
Wed	07/16/08	LK	157		
Thu	07/17/08	LK	158		
Fri	07/18/08	LK	159		
Sat	07/19/08	LK	160		
Sun	07/20/08	LK	161		
Mon	07/21/08	LK	162		
Tue	07/22/08	LK	163		
Wed	07/23/08	LK	164		



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		Learned (√)		Activity/Action	
Date	√	Book	Day	√	Notes (description of activity/action, comments, etc.)
Thu	07/24/08	LK	165		
Fri	07/25/08	LK	166		
Sat	07/26/08	LK	167		
Sun	07/27/08	LK	168		
Mon	07/28/08	LK	169		
Tue	07/29/08	LK	170		
Wed	07/30/08	LK	171		
Thu	07/31/08	LK	172		
Fri	08/01/08	LK	173-174		
Sat	08/02/08	LK	175-176		
Sun	08/03/08	LK	177-178		