

3 Week Daily IFS Part Check in

Name and description of the part:

.....

.....

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Daily Check in Log

Check in	Date	Notes
1		
2		
3		
4		
5		
6		
7		
8		
9		

Check in	Date	Notes
10		
11		
12		
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19		
20		
21		

Now check with the part if it would like you to continue checking in, or if the process feels complete.