



Social Infrastructure Audit Worksheet

Purpose: To identify structural gaps in male social alliances and calculate the Resilience Score.

Part 1: The Inventory Audit (Asset Mapping)

List the top 5 men you have interacted with most in the last 30 days (excluding family and direct reports at work).

Name	Primary Activity (What do you do?)	Role (Entertainment or Utility?)	Skillset/Asset they provide
1.			
2.			
3.			
4.			
5.			



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Part 2: The Variable Diagnostic

Rate your current system against the three Protocol Variables. Use the scoring guide below.

Variable 1: Infrastructure Density (D)

How many men in your life would provide 4+ hours of logistical/manual support in a crisis with one phone call?

- 0 Allies (Score: 0)
- 1-2 Allies (Score: 4)
- 3-5 Allies (Score: 10)
- D-Score: _____

Variable 2: Average Utility (U)

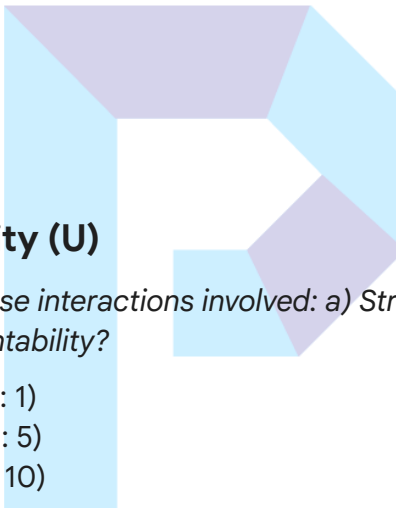
Look at Part 1. How many of those interactions involved: a) Strategic planning, b) Shared skill acquisition, or c) Mutual accountability?

- 0-1 Interactions (Score: 1)
- 2-3 Interactions (Score: 5)
- 4+ Interactions (Score: 10)
- U-Score: _____

Variable 3: Social Bandwidth (B)

In an average week, how many hours are dedicated to "Shoulder-to-Shoulder" activity? (Listening to podcasts or watching TV doesn't count).

- <1 Hour (Score: 1)
- 1-3 Hours (Score: 5)
- 4+ Hours (Score: 10)
- B-Score: _____





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Part 3: The Resilience Calculation

Use the formula below to determine your **System Health**.

$$\textit{Resilience Score} = \frac{(D+U) \times B}{10}$$

Your Score: _____ / 10





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Part 4: Gap Analysis & Tactical Objectives

Based on your score, identify the primary "failure point" in your system.

Problem: Low Density (Low D)

- **Diagnosis:** You have acquaintances, but no "battle-ready" allies.
- **Objective:** Execute the **Initiation Protocol**. Turn one "entertainment" friend into a "utility" ally via a shared project.

Problem: Low Utility (Low U)

- **Diagnosis:** You are spending time, but it's "Social Junk Food." High entertainment, low growth.
- **Objective:** Introduce the **10% Disclosure Rule**. Share one professional or personal challenge with a contact to test for strategic reciprocity.

Problem: Low Bandwidth (Low B)

- **Diagnosis:** You have the right people, but the system is underfunded. You aren't "showing up" enough to maintain the bond.
- **Objective:** Install the **2-Hour Minimum**. Schedule one non-negotiable "shoulder-to-shoulder" session this month.



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Part 5: The 30-Day Commitment

Identify **one** person from Part 1 and **one** specific protocol from the book to apply to them over the next four weeks.

- **Target Ally:** _____
- **Selected Protocol:** _____
- **Deployment Date:** _____

"Infrastructure is not built during a storm. It is built during the calm so it can survive the storm."

Ready to move from Audit to Action? Unlock the full 4-Module System at <https://friendshipprotocol.com/friendship-protocol-2/>

