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DARCO ELECTRICAL CAREER COURSE

Accountability Checklist & Launch Clock Companion — 2025/26

Print this sheet.

Keep it on your desk or wall.

Check it every single day.

■ YOUR LAUNCH CLOCK SETTINGS

When you first open the course at darco-careers.github.io/darco-electrician-course.github.io, a popup will ask you to set your goal date. Fill in the same details here so your printed checklist and your digital clock stay in sync.

My name *e.g. Marcus*

Start date *The day I opened the course*

Goal timeline *6 weeks (recommended) / 8 weeks / 12 weeks / custom*

My target job-ready date *Start date + my chosen number of weeks*

HOW TO READ YOUR STATUS:

● GREEN On Track

● RED Behind Schedule

● GOLD Course Complete!

WEEK 1 · Days 1–7

Orientation, The Trade & Safety

Week 1 target date: _____

■ Ch 0

Welcome & Orientation

Read through, understand the course structure and set your Launch Clock goal date

■ Videos watched

■ Chapter complete

■ Ch 1

The Trade

Watch BOTH videos · Understand career arc, salary levels, and what electricians actually do

■ Videos watched

■ Chapter complete

■ Ch 2

Safety

Watch safety video · Memorize the 4 rules and LOTO procedure cold — no looking

■ Videos watched

■ Chapter complete

■ OSHA 10: Register at [osha.gov](https://www.osha.gov) this week and begin the 10-hour online course

■ Action completed

WEEK 2 · Days 8–14

Certifications & Tools

Week 2 target date: _____

■ Ch 3

CertificationsReview all 8 credentials · Enroll in Alison (alison.com) and SkillCat (skillcat.io) today

■ Videos watched

■ Chapter complete

■ Ch 4

Tools

Watch both tools videos · Know every tool by name and function — quiz yourself

■ Videos watched

■ Chapter complete

■ OSHA 10: Complete the exam this week — your physical card will arrive by mail

■ Action completed

WEEK 3 · Days 15–21

How Electricity Works & Wire & Cable

Week 3 target date: _____

■ Ch 5

How Electricity Works

Watch the circuit video · Complete the Ohm's Law practice problems at the end

■ Videos watched

■ Chapter complete

■ Ch 6

Wire & Cable

Memorize AWG table AND all wire color codes — write them out from memory to test yourself

■ Videos watched

■ Chapter complete

■ Alison: Complete the certificate this week — add it to your resume immediately on completion

■ Action completed

WEEK 4 · Days 22–28**Conduit, Boxes, Switches & Outlets**

Week 4 target date: _____

Ch 7 **Conduit & Raceways** ■ Videos watched
Watch the 40-min bending video TWICE · Study the 5 essential bends · Practice with a bender if possible ■ Chapter complete

Ch 8 **Boxes, Switches & Outlets** ■ Videos watched
Watch BOTH videos · Understand receptacle vs plug · Know switch wiring order: ground, neutral, hot ■ Chapter complete

■ **SkillCat: Complete all electrical theory modules this week (skillcat.io)** ■ **Action completed**

WEEK 5 · Days 29–35**Lighting, Panels & Reading Plans**

Week 5 target date: _____

Ch 9 **Lighting & Panels** ■ Videos watched
Watch the 25-min panel video · Know what's inside a panel cold · Understand GFCI vs AFCI ■ Chapter complete

Ch 10 **Reading Plans & Codes** ■ Videos watched
Watch blueprint symbols video · Memorize the symbol table · Study NEC article numbers ■ Chapter complete

■ **NEC Practice: Read Article 100 definitions — this is what inspectors quiz you on** ■ **Action completed**

WEEK 6 · Days 36–42**Getting Hired — Take Action Now**

Week 6 target date: _____

Ch 11 **Getting Hired** ■ Videos watched
Read full chapter · Practice the interview script out loud · Set up your job diary · Build your resume ■ Chapter complete

■ **Apply to at least 10 electrical contractors this week — use Indeed, ZipRecruiter, and direct calls** ■ **Action completed**

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DARCO ELECTRICAL · Daily Study Habit Tracker

42 days · 6 weeks · 1 career change

HOW TO USE THE HABIT TRACKER

Every day you study — even just 30 minutes — fill in that day's box. **Green** = studied. **Red** = missed. Missing two days in a row is a warning sign. Missing three means your Launch Clock is turning red. The goal is a solid streak of green all the way to Day 42.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
Week 1 · Ch 0–2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Week 2 · Ch 3–4	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	
Week 3 · Ch 5–6	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
Week 4 · Ch 7–8	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	
Week 5 · Ch 9–10	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35	
Week 6 · Ch 11	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42	

MY STREAK RECORD

Best streak (days in a row): _____ Current streak: _____ Times I fell behind & recovered: _____

"The electrician who shows up early, asks questions, and keeps learning — that person will never be out of work."