

# Interim Contribution Tracking & Love Ledger Preparation Guide

*"The best time to start tracking your contributions was when you first began helping your community. The second best time is now."*

**Important Note:** The **Love Ledger** is the future system that will recognize your contributions with **Hearts** (for care and community work) and **Leaves** (for ecological restoration). While our global community is actively building this technology, your Community Work Team can begin its important work today and ensure you receive full recognition once the system launches.

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## Why Track Your Contributions Now?

### The Love Ledger is Coming

The **Love Ledger** is currently in the starting phase of its development:

[github.com/GlobalGovernanceFrameworks/love-ledger](https://github.com/GlobalGovernanceFrameworks/love-ledger)

### Retroactive Recognition Promise

By keeping clear records now, your team will be ready to:

- **Receive full credit** for all your past contributions once the Love Ledger launches
- **Get immediate access** to Hearts and Leaves currencies when they become available
- **Build your team's reputation** in the broader Work in Liberation network
- **Demonstrate your impact** to your community and potential partners

### Start Building Community Wealth Today

Even without the digital system, tracking contributions helps your team:

- **See the value you're creating** for your community
  - **Celebrate each other's efforts** and build team spirit
  - **Plan better projects** by understanding your capacity
  - **Share your story** with others interested in forming Community Work Teams
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## Simple Tracking Method

Until the Love Ledger is available, use this straightforward approach that will integrate seamlessly with the future system.

### What You'll Need

- **A shared document** (Google Sheets, simple spreadsheet, or even a physical notebook)
- **Commitment from team members** to log contributions consistently

- **One person designated** as the weekly "tracker coordinator" (rotate this role!)

## Required Information for Each Entry

Create a simple log with these columns:

Date	Member Name	Hours	Category	Description	Validated By
MM/DD/YY	First Name	Number	See categories below	Brief description	Team member name

## Contribution Categories

Use these categories to organize your work - they align with how Hearts and Leaves will be distributed:

### Hearts Categories (Care & Community Work):

- **Elder Care** - Supporting older community members
- **Child Care** - Supporting families and children
- **Disability Support** - Accessibility and inclusion work
- **Mental Health Support** - Peer counseling and emotional care
- **Community Events** - Organizing gatherings, celebrations, meetings
- **Education & Mentoring** - Teaching skills, tutoring, knowledge sharing
- **Food Security** - Community meals, food distribution, cooking
- **Conflict Resolution** - Mediation and community healing
- **Cultural Preservation** - Maintaining traditions, documenting stories
- **Mutual Aid** - Direct support for community members in need

### Leaves Categories (Ecological Restoration):

- **Gardening & Agriculture** - Community gardens, food production
- **Tree Planting & Forest Care** - Reforestation and forest maintenance
- **Water Protection** - Stream cleanups, watershed restoration
- **Waste Reduction** - Cleanup projects, recycling, composting
- **Wildlife Habitat** - Creating spaces for local animals and plants
- **Renewable Energy** - Solar installations, energy efficiency
- **Sustainable Transportation** - Bike repairs, carpooling coordination
- **Climate Education** - Teaching about environmental issues
- **Permaculture & Regenerative Design** - Sustainable land use projects

## Sample Log Entries

Here are examples of how to record different types of contributions:

Date	Member Name	Hours	Category	Description	Validated By
03/15/25	Maria	3	Elder Care	Grocery shopping and visit with Mrs. Johnson	Carlos
03/15/25	Carlos	2	Tree Planting	Planted 5 fruit trees in community orchard	Maria

Date	Member Name	Hours	Category	Description	Validated By
03/16/25	Sarah	4	Community Events	Organized neighborhood cleanup day	David
03/17/25	David	1.5	Mental Health Support	Peer counseling session with community member	Sarah
03/18/25	Maria	2	Food Security	Prepared meals for community potluck	Carlos

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## Validation Process

### Why Validation Matters

The Love Ledger will require **peer validation** to prevent fraud and ensure contributions are genuine. Starting this practice now builds good habits and community accountability.

### How to Validate

For each contribution, another team member should:

1. **Confirm the work happened** (they witnessed it or can verify it occurred)
2. **Agree the time estimate is reasonable**
3. **Add their name to the "Validated By" column**

### Validation Guidelines

- **You cannot validate your own contributions**
- **The validator doesn't need to be present** for the entire activity
- **Quick check-ins are fine:** "Hey Sarah, did you really spend 4 hours organizing that cleanup?" "Yes, it took most of Saturday morning." "Great, I'll validate that."
- **When in doubt, ask:** If someone's time estimate seems too high or low, just ask them about it kindly

### Group Validation for Large Projects

For big team efforts (like community events), you can validate as a group:

- **Meet briefly after the project**
  - **Go around and have each person state their hours**
  - **Everyone confirms:** "That sounds about right"
  - **One person logs everyone's contributions with "Group validation" in the validator column**
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## Monthly Review Process

### Team Check-in (30 minutes monthly)

Hold a short monthly meeting to:

1. **Review the contribution log together**
2. **Celebrate what you've accomplished**
3. **Make sure nothing important was missed**
4. **Discuss any concerns about tracking or validation**
5. **Plan improvements for the next month**

## Calculate Your Community Impact

At the end of each month, add up:

- **Total hours contributed** by your team
  - **Number of community members** you've directly helped
  - **Ecological improvements** you've made (trees planted, waste removed, etc.)
  - **Hearts and Leaves estimates** (use the conversion guide below)
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## Hearts and Leaves Estimation Guide

*This is an approximate guide based on the planned Love Ledger system. Actual values may vary when the system launches.*

### Hearts Conversion (Care & Community Work):

- **1 hour of direct care work** = approximately **50 Hearts**
- **1 hour of community organizing** = approximately **40 Hearts**
- **1 hour of education/mentoring** = approximately **45 Hearts**
- **1 hour of cultural preservation** = approximately **35 Hearts**

### Leaves Conversion (Ecological Work):

- **1 hour of ecological restoration** = approximately **1-3 Leaves** (depending on impact)
- **1 tree planted** = approximately **2 Leaves**
- **1 bag of trash removed** = approximately **1 Leaf**
- **1 hour of environmental education** = approximately **1 Leaf**

*Note: The actual Love Ledger will use more sophisticated calculations based on local needs, ecological impact, and community priorities. These are just estimates to help you understand the potential value of your work.*

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## Data Protection and Privacy

### Keep Your Records Safe

- **Back up your tracking document** regularly
- **Don't include sensitive personal information** about the people you help
- **Use first names only** in your logs
- **Store documents securely** and only share with team members

## Community Consent

- **Let people know** when you're logging contributions that involve them
  - **Respect privacy** - some people may not want their support needs documented
  - **Focus on your actions**, not others' personal situations
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## Preparing for Love Ledger Integration

### What to Expect

When the Love Ledger launches in your area, you'll be able to:

1. **Upload your contribution history** for retroactive recognition
2. **Start earning Hearts and Leaves** in real-time
3. **Connect with other Community Work Teams** in your region
4. **Access additional resources** and support for your projects

### Stay Connected

- **Follow the Love Ledger development** at the GitHub repository
- **Join the Work in Liberation email list** for updates
- **Connect with other pilot Community Work Teams** as they form

### Questions About the Future System?

Contact: [workinliberation@globalgovernanceframeworks.org](mailto:workinliberation@globalgovernanceframeworks.org)

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## Troubleshooting Common Issues

### "We Forgot to Track for a Week"

**Solution:** Hold a quick team meeting and collectively remember what everyone did. It's better to have approximate records than no records.

### "Someone's Hours Seem Too High/Low"

**Solution:** Just ask kindly: "Help me understand that time estimate." Often there's a good explanation, or the person will adjust it themselves.

### "We're Not Sure What Category Something Fits"

**Solution:** Pick the closest fit, or create a note in the description. The Love Ledger will be flexible about categorization.

### "This Feels Like Too Much Work"

**Solution:** Remember, you're building habits for the future while documenting your valuable contributions. Start with just the basics and add detail as it becomes routine.

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## Sample Monthly Report Template

Community Work Team: [Your Team Name]

Month: [Month/Year]

Members: [Number of active members]

### CONTRIBUTIONS THIS MONTH:

Total Hours: \_\_\_\_\_

Hearts Categories: \_\_\_\_\_ hours

Leaves Categories: \_\_\_\_\_ hours

### COMMUNITY IMPACT:

People directly helped: \_\_\_\_\_

Community events organized: \_\_\_\_\_

Ecological projects completed: \_\_\_\_\_

### ESTIMATED VALUE:

Hearts earned: \_\_\_\_\_ (approximate)

Leaves earned: \_\_\_\_\_ (approximate)

### HIGHLIGHTS:

[Brief description of your biggest accomplishments]

### CHALLENGES:

[Any issues you're working through]

### NEXT MONTH'S GOALS:

[What you're planning for next month]

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**Remember:** You're not just tracking numbers - you're documenting the transformation of work from exploitation to contribution, from competition to cooperation, from extraction to regeneration. Every hour you log is proof that another world is possible.

**Your contributions matter. Your work is valuable. Your Community Work Team is part of a global movement toward Work in Liberation.**

**Keep tracking, keep contributing, and get ready for the Love Ledger to recognize and reward everything you're doing to heal your community and our planet.**

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*Questions about this tracking system? Need help getting started? Contact us at:  
workinliberation@globalgovernanceframeworks.org*