










WEEK 2 - 28 Days To A Client

THE MASTER WAR MODE DAY PLAN + REPORT

✓/✗	U+I Of Task	Task List For The Day - Fill In ALL 20!
1. ✓/✗	Q1 ▾	Find 15 or more Prospects
2. ✓/✗	Q1 ▾	Review 3 pieces of student copy
3. ✓/✗	Q1 ▾	Send follow up emails
4. ✓/✗	Q1 ▾	Review one piece of successful copy from swipe file
5. ✓/✗	Q1 ▾	Wake up at 5 am
6. ✓/✗	Q2 ▾	Watch Morning Power Up
7. ✓/✗	Q2 ▾	Journal
8. ✓/✗	Q2 ▾	Mediate
9. ✓/✗	Q2 ▾	Read
10. ✓/✗	Q2 ▾	Hit back at gym
11. ✓/✗	Q3 ▾	Time G-Work Sessions
12. ✓/✗	Q3 ▾	Stretch
13. ✓/✗	Q3 ▾	Chores
14. ✓/✗	Q3 ▾	Track Macros
15. ✓/✗	Q3 ▾	Weigh myself
16. ✓/✗	Q4 ▾	Go to brokie job
17. ✓/✗	Q4 ▾	Hydrate
18. ✓/✗	Q4 ▾	Make oats for tomorrow
19. ✓/✗	Q4 ▾	Make rice
20. ✓/✗	Q4 ▾	Marinate Chicken

	 DAY NUMBER + DATE + TIME 
Day Number:	10
Date:	March 25, 2023
Start Time:	5:00 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I'm grateful for Bedros Kulian instilling the mindset of thinking you are behind everyone else and how you can get ahead
2.	I'm grateful for hearing Professor Andrew telling me to be extraordinary and steer clear of ordinary people
3.	I'm grateful for my dad offering to bring me to the gym before work

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Push myself to the limit when I hit back at the gym today
2.	Find at least 15 clients
3.	Track all macros and don't go over calorie intake

Hour-By-Hour Tracking: **[Plan+Measure=Improve]**

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
 Intention:	 Intention = What Is My Plan Of Action To Complete This Task For This Hour?

 Reflection:	 Reflection = Did I Complete This Task For This Hour? If Not, Then Why?
--	---

MY MORNING WAR PLAN

 What Do I Plan To Accomplish This Morning? 

Find 15 prospects, Go to the gym, Go to Brokie job

 What Is The Main Goal For This Morning? 
--

Push myself till failure when working back and biceps

 How Will I Start My Morning With Power? 
--

Exploding out of bed and doing push ups

**(Delete Any Boxes Below
That Are Before The Time
That You Start Your Day +
After The End OF Your
Day In Your Own Copy)**

5 am: Task 💰	Morning Routine
Intention 🔔	Wake up at 5 am, Push-ups, Weight myself, Progress Pic, Watch morning power-up
Reflection ✍️	Completed

6 am: Task 💰	Prospecting
Intention 🔔	Find as many prospects as possible
Reflection ✍️	Completed

7 am: Task 💰	Morning Routine Pt2
Intention 🔔	Make oats for tomorrow, eat, wash face and ice face, brush teeth
Reflection ✍️	Completed

8 am: Task 💰	Go to the gym
Intention 🔔	Have my dad drive me to the gym
Reflection ✍️	Yes completed this

9 am: Task 💰	Back Workout
Intention 🔔	Work on improving back width and thickness and bicep size and strength
Reflection ✍️	Yes I completed this

10 am: Task 💰	Neck
Intention 🔔	Finish neck training and take shower before work
Reflection ✍️	Yes I completed this

11 am: Task 💰	Brokie Job
Intention 🔔	
Reflection ✍️	

12 am: Task 💰	Brokie Job
Intention 🔔	
Reflection ✍️	

 **END-OF-THE-MORNING REPORT** 

 **What Did I Learn This Morning?** 

Remember that Average is the enemy

 **What Problem's Did I Face This Morning?** 

Not finding as many prospects as I would have liked to

 **How Will I Solve These Problems For This Afternoon?** 

Find the remaining amount of clients and continue to be productive

MY AFTERNOON WAR PLAN

 **What Do I Plan To Accomplish This Afternoon?** 

Finish outreach and Review Copy

 **What Is The Main Goal For This Afternoon?** 

Get off of work and be productive stay within caloric means

 **How Will I Start My Afternoon With Power?** 

Refuel with a protein shake

1 pm: Task \$	Brokie Job
Intention 🔔	
Reflection ✍️	

2 pm: Task \$	Brokie Job
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	Brokie Job
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	Brokie Job
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	Brokie Job
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	Dinner
Intention 🔔	Make a protein shake
Reflection ✍️	Yes I completed this

7 pm: Task \$	Outreach
Intention 🔔	Find two more prospects
Reflection ✍️	Yes I completed this

8 pm: Task \$	Prepare Chicken for tomorrow
Intention 🔔	Find a new seasoning for my chicken
Reflection ✍️	Yes I completed this

9 pm: Task \$	Nightly Routine
----------------------	------------------------

Intention 🔔	Shower, Review the day
Reflection ✍️	

End-Of-The-Day Report:

 **What Did I Learn Today?** 

I learned today that I need to review my life and look at my physique

 **What Problems Did I Face In The Day?** 

I think i'm beginning to cope my life and that instead of actually bulking I'm coping by just eating mre and saying I'm bulking

 **How Will I Solve These Problems Tomorrow?** 

Review my life and reassess my fitness goals and what i can do to achieve these

 **What Do I Plan To Do Differently Tomorrow?** 

Only eat 2800 calories and see how my body reaacts to it

 **What Do I Plan To Do The Same Tomorrow?** 

I plan to still continue to prospect and review copy and train neck

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

I only need to share feedback with those in The real World Copy chat

 **What Tasks Were Left Undone?** 

Rreading Alex Leonidas' program

Brain Dump: