

4:08



< 🐯 Daily Tasks



April 5, 2023 at 4:07 AM

## Day 3, iron clad discipline

Ideas to test out today:

Start applying principles from boot camp and get it down

- ☒ Wake up after 9:30 of sleep
- ☐ Jump out of bed
- ☒ 1 playlist
- ☒ Japanese
- ☒ Power up call
- ☒ Take notes
- ☒ 100 push ups
- ☒ Run w frijol
- ☒ Shower
- ☒ Eat whole foods breakfast
- ☒ Bootcamp videos
- ☐ Bootcamp missions