

Day 5

Sleep 8 Hours	✓/
Hit Daily Workout	✓/
Listen To Power-Up Call	/✗
100 Push-Ups	✓/
At Least 2 Hours Of TRW	✓/
Finish 2 Missions	/✗
+10 Elo On Any Time At Chess	✓/
Read 30 Pages Of A Book	/✗
Start Journaling And Add 3 New Things	✓/
Meditate At Least 5 Minutes	✓/