










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 ▾	Wake up at 5
2. ✓/✗	Q1 ▾	Outreach to 5 clients
3. ✓/✗	Q1 ▾	Find more clients
4. ✓/✗	Q1 ▾	Read
5. ✓/✗	Q1 ▾	Journal
6. ✓/✗	Q2 ▾	Weigh myself
7. ✓/✗	Q2 ▾	Take progress pic
8. ✓/✗	Q2 ▾	Meditate
9. ✓/✗	Q2 ▾	Make oats for tomorrow
10. ✓/✗	Q2 ▾	Hydrate
11. ✓/✗	Q3 ▾	Finish lab write up
12. ✓/✗	Q3 ▾	Review 3 pieces of student copy
13. ✓/✗	Q3 ▾	Review winning email
14. ✓/✗	Q3 ▾	Choose outfit for Saturday training
15. ✓/✗	Q3 ▾	Finish character and chapter organizer
16. ✓/✗	Q4 ▾	Prospect when I have extra time
17. ✓/✗	Q4 ▾	Bring home weld
18. ✓/✗	Q4 ▾	Listen to Bedros
19. ✓/✗	Q4 ▾	Chores
20. ✓/✗	Q4 ▾	Time G-Work Sessions

	 DAY NUMBER + DATE + TIME 
Day Number:	9
Date:	March 24, 2023
Start Time:	5:00 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I'm grateful for having access to TRW
2.	I'm grateful for purchasing a MacBook for myself
3.	I'm grateful for my dad taking me out to dinner yesterday

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Obtain at least 5 clients before my birthday in September
2.	Learn by reviewing Copy each and every day
3.	Work till failure whenever I train

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?** 

Reach out to clients, Watch morning power-up, Gratitude Journal, and Prospect

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

Reach out to as many clients as possible

 **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 5am, Gratitude Journaling, Weigh myself, Take progress pic, Watch morning power up
Reflection ✍️	Yes I completed this

6 am: Task 💰	Outreach
Intention 🔔	Reachout to as many clients as possible
Reflection ✍️	Yes I completed this

7 am: Task 💰	Morning Routine Pt2
Intention 🔔	Make oats for tomorrow, Eat breakfast, Wash and Ice face, Brush teeth, Grab lunch, Computer, and Water Bottle
Reflection ✍️	Yes i completed this

8 am: Task 💰	Prospecting
Intention 🔔	Find clients on YouTube and Facebook that are online fitness coaches
Reflection ✍️	Yes I completed this

9 am: Task 💰	Test remediation/ Find more clients
Intention 🔔	One questions on test are fixed go on youtube and continue prospecting
Reflection ✍️	Yes I completed this

10 am: Task 💰	Complete Lab Write-up
Intention 🔔	Work with the group to finish Circuit Lab write-up
Reflection ✍️	Yes I completed this

11 am: Task 💰	Prospecting
Intention 🔔	Look for more clients via search terms
Reflection ✍️	Yes I completed this

12 am: Task 💰	Socialize
Intention 🔔	Talk with friends during lunch
Reflection ✍️	Yes I completed this

END-OF-THE-MORNING REPORT

 **What Did I Learn This Morning?** 

What I learned this morning is that you must achieve the four F's Focus, Finance, Fitness, and Freedom

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

I didn't prospect as many clients as I would've liked to

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

By completing other tasks to prepare myself for tomorrow

MY AFTERNOON WAR PLAN

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

Finish outreaching to clients and clean teh house

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

Finish outreach and Review Copy

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

By doing the tasks I don't want to do

1 pm: Task 💰	ASL
Intention 🔔	Engage in fun Friday to enhance my comprehension of sign language
Reflection ✍️	Yes I completed this

2 pm: Task 💰	Athletic Performance
Intention 🔔	Find my Bodyweight Efficiency
Reflection ✍️	Yes I completed this but I'm disappointed that people who are weaker than me were so high, like a 490.9 is awful its almost half of what Gavin had

3 pm: Task 💰	Snack
Intention 🔔	Make yogurt with protein powder, honey, and peanut butter
Reflection ✍️	Yes I completed this

4 pm: Task 💰	Clean
Intention 🔔	Vaccum the house
Reflection ✍️	Yes I completed this

5 pm: Task 💰	Clean and Outreach
Intention 🔔	Clean downstairs bathroom, continue to outreach
Reflection ✍️	Yes I completed this

6 pm: Task 💰	Finish Outreach Begin Review
Intention 🔔	Outreach to last client and go in copy review chat
Reflection ✍️	

7 pm: Task 💰	Night Routine
Intention 🔔	Eat dinner
Reflection ✍️	Completed

8 pm: Task 💰	Night Routine Pt2
Intention 🔔	Shower, Read
Reflection ✍️	Completed

9 pm: Task 💰	Night Routine Pt3
Intention 🔔	Journal, Stretch, Sleep
Reflection ✍️	Completed

End-Of-The-Day Report:

🧠 **What Did I Learn Today?** 🧠

Make what you avoid each day visible

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

I kept eating and eating instead of watching what I was doing to myself

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

Track macros and be stern with myself

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

Track all macros and only eat my caloric intake on MyFitnessPal, Prospecting, Seasoning chicken

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

Review student copy and make time for reading and meditating

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

All clients I had emailed today

 **What Tasks Were Left Undone?** 

Finishing tasks at a earlier time

Brain Dump: