## 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!
Q1 ·	Wake up at 5
Q1 ·	Outreach to 5 clients
Q1 ·	Find more clients
Q1 ·	Read
Q1 ·	Journal
Q2 ·	Weigh myself
Q2 ·	Take progress pic
Q2 ·	Meditate
Q2 ·	Make oats for tomorrow
Q2 ·	Hydrate
Q3 ·	Finish lab write up
Q3 ·	Review 3 pieces of student copy
Q3 ·	Review winning email
G3 ·	Choose outfit for Saturday training
G3 ·	Finish character and chapter organizer
Q4 ·	Prospect when I have extra time
Q4 ·	Bring home weld
Q4 ·	Listen to Bedros
Q4 ·	Chores
Q4 ·	Time G-Work Sessions
	Q1 · Q1 · Q1 · Q1 · Q1 · Q2 · Q2 · Q2 ·

	TODAY 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

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



## [Plan+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
A Intention:	(a) 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?



What Do I Plan To Accomplish This Morning? (a)  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	
Phow 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
	T
8 am: Task \$	Prospecting

Find clients on YouTube and Facebook that are online fitness coaches

Intention 🔔

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
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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
XWhat Problem's Did I Face This Morning?X
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 /	Compledted
8 pm: Task \$	Night Routine Pt2
Intention 🔔	Shower, Read
Reflection /	Completed

9 pm: Task \$	Night Routine Pt3
Intention 🔔	Journal, Stretch, Sleep
Reflection /	Completed



⊗What Did I Learn Today?	
Make what you avoid each day visible	
$\times$ What Problems Did I Face In The Day? $\times$	
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	

What Do I Plan To Do Differently Tomorrow?

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
<b>∛What Tasks Were Left Undone?</b>
Finishing tasks at a earlier time

Brain Dump: