

THE WAR MODE DAY PLANNER

✓/✗	Task List For The Day
1. ✓	Out of bed; immediately take the cold shower
2. ✓	100 pushups
3. ✓	Check all messages and notifications
4. ✓	Money-making work (Work with dad, client work, etc.)
5. ✓	Practice driving/ handle car BS
6. ✗	Purification
7. ✓	Study at church
8. ✓	End the day at 200 pushups
9. ✗	Peruse Upwork
10. ✓/✗	All food tracked; hit protein goal, and all supps taken
11. ✓	Send the sheet to TG, TRW, and Platoon. Plan tomorrow.
12. ➡	Lifted heavy things - legs (slept extra to catch up)

🙏	🙏 3 Things That I Am Grateful For/ Grateful To Have In My Life 🙏
1.	I am grateful for how good I feel right now
2.	I am grateful for eating so well after purif
3.	I am grateful for the freedom to do what I'm doing at the church

MY HOURLY WAR PLAN

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔪 Reflection:	🔪 Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

5 am: Task 💰	
Reflection ✍️	

6 am: Task 💰	
Reflection ✍️	

7 am: Task 💰	start the day
Reflection ✍️	did so

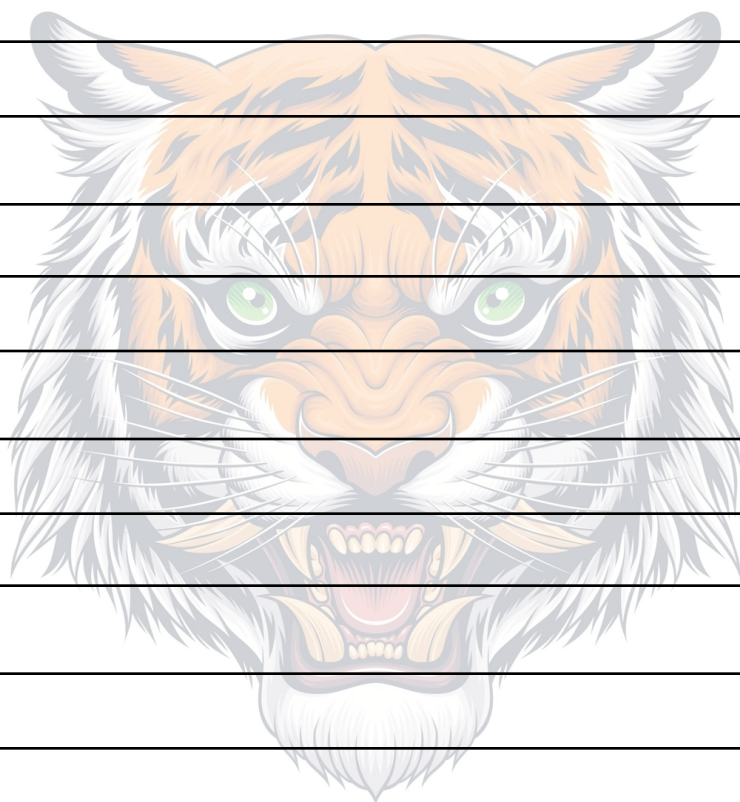
8 am: Task 💰	head to church, work until 6:30
Reflection ✍️	did so

9 am: Task 💰	
Reflection ✍️	

10 am: Task 💰	
Reflection ✍️	

11 am: Task 💰	
Reflection ✍️	

12 am: Task \$	
Reflection ✎	
1 pm: Task \$	
Reflection ✎	
2 pm: Task \$	
Reflection ✎	
3 pm: Task \$	
Reflection ✎	
4 pm: Task \$	
Reflection ✎	
5 pm: Task \$	
Reflection ✎	
6 pm: Task \$	come home
Reflection ✎	did so
7 pm: Task \$	hit legs



Reflection ✎	got groceries
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8 pm: Task 💵	legs
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Reflection ✎	ate and did pushups
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9 pm: Task 💵	come home, clean up
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Reflection ✎	slept
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10 pm: Task 💵	pass out
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Reflection ✎	
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11 pm: Task 💵	
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Reflection ✎	
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