THE WAR MODE DAY PLANNER

| V / X | 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. X | Purification |
| 7. 🗸 | Study at church |
| 8. 🔽 | End the day at 200 pushups |
| 9. X | 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? |

| start the day |
|---------------------------------|
| did so |
| |
| head to church, work until 6:30 |
| did so |
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| 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 |
| | I |

| Reflection / | got groceries |
|----------------|---------------------|
| | |
| 8 pm: Task \$ | legs |
| Reflection / | ate and did pushups |
| | |
| 9 pm: Task \$ | come home, clean up |
| Reflection / | slept |
| | |
| 10 pm: Task \$ | pass out |
| Reflection / | |
| | |
| 11 pm: Task \$ | |
| Reflection / | |
| | |