










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 ▾	Lesson 62-66 in Math
2. ✓	Q1 ▾	Turn in break work
3. ✓/✗	Q1 ▾	Research College Requirements
4. ✓/✗	Q1 ▾	Plan for day 23
5. ✓/✗	Q1 ▾	Study March 11 SAT test
6. ✓/✗	Q1 ▾	SAT Work
7. ✓/✗	Q2 ▾	Read some of "I got in"
8. ✓/✗	Q2 ▾	Organize and clean room
9. ✓/✗	Q2 ▾	Watch Morning PC
10. ✓/✗	Q2 ▾	Drink 3lt of Water
11. ✓/✗	Q3 ▾	Brush Teeth in Morning
12. ✓/✗	Q3 ▾	Brush Teeth in Evening
13. ✓/✗	Q3 ▾	Play Cello and practice 2 New song and "never had a friend like me"
14. ✓/✗	Q3 ▾	Allergy Shot
15. ✓/✗	Q3 ▾	Shop at JCPenny
16. ✓/✗	Q4 ▾	Gym in the Evening
17. ✓/✗	Q4 ▾	100 Pushups/
18. ✓/✗	Q4 ▾	100 Sit Ups/
19. ✓/✗	Q4 ▾	100 Air Squats/
20. ✓/✗	Q4 ▾	100 Pull ups/

	 DAY NUMBER + DATE + TIME 
Day Number:	22
Date:	4/3/2023
Start Time:	1:30am

	 3 Things That I Am Grateful To Have In My Life 
1.	My mother
2.	My School
3.	Funds for college

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Lesson 62
2.	Allergy Shot
3.	SAT Prep

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?** 

Lessons in math

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

Lesson 62-66

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

Coffee

1 am: Task 

Wake up

Intention 

Reflection 

This hour was spent half sleeping and the rest waking up. I spent a good amount of time waking up and prepping for the day.

2 am: Task 

Wake up

Intention 


Reflection 	This hour was spent half sleeping and the rest waking up. I spent a good amount of time waking up and prepping for the day.
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3 am: Task 	Wake up
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Intention 	
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Reflection 	This hour was spent half sleeping and the rest waking up. I spent a good amount of time waking up and prepping for the day.
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4 am: Task 	Wake up
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Intention 	
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Reflection 	This hour was spent half sleeping and the rest waking up. I spent a good amount of time waking up and prepping for the day.
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5 am: Task 	Wake up
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Intention 	
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Reflection 	This hour was spent half sleeping and the rest waking up. I spent a good amount of time waking up and prepping for the day.
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6 am: Task 💰	Wake up
Intention 🔔	
Reflection ✍️	This hour was spent half sleeping and the rest waking up. I spent a good amount of time waking up and prepping for the day.

7 am: Task 💰	Wake up
Intention 🔔	
Reflection ✍️	This hour was spent half sleeping and the rest waking up. I spent a good amount of time waking up and prepping for the day.

8 am: Task 💰	Math Lessons
Intention 🔔	Sit and work through the math lessons that were needed to be done over break.
Reflection ✍️	This hour was mostly spent organizing my school work. I feel there was a lot of work that needed to be done and this early morning at school is not the most productive time.

9 am: Task 💰	Math Lessons
Intention 🔔	Sit and work through the math lessons that were needed to be done over break.
Reflection ✍️	Work at school feels so much slower. Working at home felt so productive. Here, there are people distracting and working here feels so stilled.

10 am: Task 💰	Math Lessons
Intention 🔔	Sit and work through the math lessons that were needed to be done over break.
Reflection ✍️	The math lesson I wanted to do this morning were put aside because I had other school tasks to complete.

11 am: Task 💰	SAT work
Intention 🔔	Sit and work on SAT for March 11 and khan Academy
Reflection ✍️	This hour was also spent organizing school shit.

12 am: Task 💰	SAT work
Intention 🔔	Sit and work on SAT for March 11 and khan Academy
Reflection ✍️	

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠

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

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

MY AFTERNOON WAR PLAN

🧠 What Do I Plan To Accomplish This Afternoon? 🧠

Allergy Shot, Organize my work

🎯 What Is The Main Goal For This Afternoon? 🎯

🔑 How Will I Start My Afternoon With Power? 🔑

1 pm: Task 💰	Schoolwork
Intention 🔔	Go through all I need to do for school.
Reflection ✍️	

2 pm: Task 💰	Schoolwork
Intention 🔔	Go through all I need to do for school.
Reflection ✍️	

3 pm: Task 💰	Allergy Shot
Intention 🔔	Drive home and get an allergy shot on the way.
Reflection ✍️	

4 pm: Task 💰	Allergy Shot
Intention 🔔	Drive home and get an allergy shot on the way.
Reflection ✍️	

5 pm: Task 💰	Gym:Cardio
Intention 🔔	Go to the gym and do normal cardio workouts.
Reflection ✍️	

6 pm: Task 💰	Gym:Cardio
Intention 🔔	Go to the gym and do normal cardio workouts.
Reflection ✍️	

7 pm: Task 💰	Plan for Day 23
Intention 🔔	Sit and plan for day 23 with new and old tasks and important appointments.
Reflection ✍️	



8 pm: Task 💰	College Research
Intention 🔔	Sit and look over the different college requirements along with auditions
Reflection ✍️	

9 pm: Task 💰	College Research
Intention 🔔	Sit and look over the different college requirements along with auditions
Reflection ✍️	

10 pm: Task 💰	Cello
Intention 🔔	Sit and Practice the 2 new song along with “friend like me”
Reflection ✍️	

11 pm: Task 💰	Cello
Intention 🔔	Sit and Practice the 2 new song along with “friend like me”
Reflection ✍️	

End-Of-The-Day Report:

 What Did I Learn Today? 

 What Problems Did I Face In The Day? 

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

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

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

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

 **What Tasks Were Left Undone?** 

Brain Dump: