














Tasks That Will Be Done!

[Task List]

| | Priority Level | Task List For The Day | Time needed | Calendar |
|-----|----------------|--|-------------|----------------|
| 1. | Start-Day ▾ | Tasks set out on paper  | 30m | 6:45 - 7:15 |
| 2. | Start-Day ▾ | Do more of the prospect avatar doc  | 1h | 7:15 - 8:15 |
| 3. | Start-Day ▾ | Reply to DMs and emails and make loom videos if necessary  | 20m | 8:15 - 8:35 |
| 4. | Mid-Day ▾ | Sunlight - bike ride  | 45m | 4:15 PM - 5 PM |
| 5. | Mid-Day ▾ | Power up + 50 pushups  | 15m | 5 - 5:15 PM |
| 6. | Mid-Day ▾ | Boxing gym  Then eat and shower after it  | 1h 45m | 5:15 - 7 PM |
| 7. | End-Day ▾ | Necessary client work if they get back to me  (If not, can make more SLs for Natalye)  | 1h 30m | 7 - 8:30 PM |
| 8. | End-Day ▾ | Do 20 bait/switch IG DMs  | 30m | 8:30 - 9 PM |
| 9. | End-Day ▾ | Review 2 copy  | 20m | 9- 9:20 PM |
| 10. | End-Day ▾ | Break down 2 pages of a sales page  | 10m | 9:20 - 9:30 PM |
| 11. | End-Day ▾ | Reflect on the day + Plan the day for tomorrow + 50 pushups  | 25m | 9:30 - 9:55 |

Day Number: 109

Date: 8.3.23

Start Of The Day - Time: 6:45 AM
