

- “28 Days To A Client” -




The Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 <input checked="" type="checkbox"/>	Start my new outreach
2. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 <input checked="" type="checkbox"/>	Spanish practice
3. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 <input checked="" type="checkbox"/>	Review my piece of copy
4. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 <input type="checkbox"/>	
5. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 <input checked="" type="checkbox"/>	Go to the gym
6. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 <input checked="" type="checkbox"/>	Watch the power up call
7. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 <input checked="" type="checkbox"/>	Plan the next day
8. <input checked="" type="checkbox"/> / <input type="checkbox"/>	1 <input checked="" type="checkbox"/>	Listen to a review call
9. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 <input checked="" type="checkbox"/>	Go to work
10. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 <input checked="" type="checkbox"/>	Mediate
11. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 <input type="checkbox"/>	
12. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 <input checked="" type="checkbox"/>	Going for a walk
13. <input checked="" type="checkbox"/> / <input type="checkbox"/>	2 <input checked="" type="checkbox"/>	Reflection
14. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 <input checked="" type="checkbox"/>	Do homework
15. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 <input checked="" type="checkbox"/>	Small pump
16. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 <input checked="" type="checkbox"/>	Fix bed
17. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 <input type="checkbox"/>	
18. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 <input type="checkbox"/>	
19. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 <input type="checkbox"/>	
20. <input checked="" type="checkbox"/> / <input type="checkbox"/>	3 <input type="checkbox"/>	

Day Number: 6







Date: 3/18/2023

Start Of The Day - Time: 8:00

	 3 Things That I Am Excited To Have In The Future? 
1.	Going to the gym
2.	Creating the best outreach ever.
3.	Watching the powerup call

Hour-By-Hour **Tracking:**

[Track+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 War Mode Words:

1. I Am Acting With No Limits To My Abilities!

2. I Am Being All That I Can Be, Every Hour And Every Day!

3. Every Word I Am Saying And Thought I Am Thinking Is Positive!

4. I Am Being Enthusiastic About Completing Each Task!

5. I Am The Best Copywriter In The World!

\$ 8 am: Task \$	Wake up, brush teeth drink water, look outside then start making something to eat as well as my protein shake push ups
🔔 Intention 🔔	Waking up as soon as my alarm goes off then head upstairs to drink water then coming back downstairs to do my push ups followed by my normal morning routine.
✍️ Reflection ✍️	Done.

\$ 9 am: Task \$	Eat my food, use the bathroom, use duolingo and do forearm curls. Then driving to work
🔔 Intention 🔔	Eating something well using the bathroom while I'm in the bathroom use duolingo with forearm curls followed by enjoying the drive to work.
✍️ Reflection ✍️	I didn't use duolingo And i didn't do the forearm curls But I did everything else.

\$ 10 am: Task \$	Work
🔔 Intention 🔔	Complete as much shipment as possible
✍️ Reflection ✍️	Done





\$ 11 am: Task \$	Work
🔔 Intention 🔔	Complete as much shipment as possible
✍ Reflection ✍	Done





\$ 12 am: Task \$	Work
🔔 Intention 🔔	Complete as much shipment as possible
✍ Reflection ✍	Done





\$ 1 pm: Task \$	Work
🔔 Intention 🔔	Complete as much shipment as possible.
✍ Reflection ✍	Done





\$ 2 pm: Task \$	Prepare for the gym then driving to the gym
🔔 Intention 🔔	Drink my protein shake and then enjoy the 2 minute drive to the gym. And warming up for workout
✍ Reflection ✍	Done

\$ 3 pm: Task \$	Workout
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 Intention 	Follow my push day routine but don't go as hard since my wrist could still be recovering from back squats
 Reflection 	Done and was hitting pr's like crazy today.





\$ 4 pm: Task \$	Workout then go home
 Intention 	Follow my push day routine but go as hard then enjoy the 15 minute ride back to my house
 Reflection 	Done.





\$ 5 pm: Task \$	Watch the power up call and eat
 Intention 	Eat whatever my mom makes then go to my room and open up my laptop, sign into hu and watch the power up call.
 Reflection 	It was a short power up call and I ate food since it was a short powerup call I went on a walk then went to Walmart to get the food scale.

\$ 6 pm: Task \$	Go for a walk then start my new outreach.
 Intention 	Going for a walk around my neighbor for about 15 minutes then writing a new outreach based off of my analysis and reviews.
 Reflection 	I started my outreach I created a specific compliment for her.



\$ 7 pm: Task \$	Having a break then starting one of my homeworks
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 Intention 	Do some forearm curls then starting a mind tap assignment
 Reflection 	I wasn't able to finish my the textbook assignment

\$ 8 pm: Task \$	Finishing the homework then continue to work outreach
 Intention 	Finish the mind the assignment then work on my new outreach weather
 Reflection 	I finished the assignment but got a bad grade on the assignment.

\$ 9 pm: Task \$	Start the hour by doing some push ups then with doing the last assignment that was assigned before spring break
 Intention 	Get a small pump completing my last mind tap assignment
 Reflection 	I Finished the quiz and I got an 81 on it.

\$ 10 pm: Task \$	Finishing the assignment then eating something
 Intention 	Finish the assignment then eat something well
 Reflection 	I ate some processed food but i will start counting my marcos.



\$ 11 pm: Task \$	Shower meditate then my night routine
 Intention 	Taking a 15 minute shower then meditating for 5 minutes to be more aware and have more mindfulness and washing my face, drinking water and brushing my

	teeth then planning my day.
 Reflection 	Done







End-Of-The-Day Report:



 What Did I Learn Today? 
That I have enough body fat to go on a cut. Once I start to track my calories it will make me a better copywriter. I learned that i'm at about 18 percent body fat.

 What Do I Plan To Do Differently Tomorrow? 
Finishing my outreach. Going to start using a calories tracker app.

 What Do I Plan To Do The Same Tomorrow? 
Going to the gym, watching the powerup call and practicing my spanish. Going for a walk.

 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 
I need to contact Mia for my outreach. But I must review it before to make sure its the best outreach I can make.

 What Tasks Were Left Undone? 

Brain Dump:

So I haven't seen progress in my psyche after about over a year of working out due to not tracking my calories. But once I start tracking my calories and macros I will look better and will land a client since the more fit you get the better your life gets and the same principles you followed to get fit you can apply to get rich which i will.