










# 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 59 in Math
2. ✓	Q1 ▾	Revise Final Portfolio Piece
3. ✓	Q1 ▾	Look over Earth Systems Paper
4. ✓	Q1 ▾	200 Pushups
5. ✓/✗	Q1 ▾	200 Sit Ups/150
6. ✓/✗	Q1 ▾	200 Air Squats/125
7. ✓/✗	Q1 ▾	200 Pull ups/135
8. ✓	Q1 ▾	Gym in the Morning
9. ✓	Q1 ▾	Gym in the Evening
10. ✓	Q1 ▾	Research College Requirements
11. ✓/✗	Q1 ▾	Start Writing up a College list for Karen
12. ✓/	Q2 ▾	Work on HU Lessons
13. ✓/✗	Q2 ▾	Prospect 10-20 people/4
14. ✓	Q2 ▾	Pick 2 Books from Book list
15. ✓	Q2 ▾	Look over and start filling out the Entrepreneur Plan
16. ✓/✗	Q3 ▾	Drink 3lt of Water/1
17. ✓	Q3 ▾	Brush Teeth in Morning
18. ✓/✗	Q3 ▾	Brush Teeth in Evening
19. ✓/✗	Q3 ▾	Play Cello and practice 2 New song and “never had a friend like me”
20. ✓/✗	Q1 ▾	Plan for Day 16

	 <b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>15</b>
<b>Date:</b>	<b>3/27/2023</b>
<b>Start Time:</b>	<b>3:00am</b>

	 <b>3 Things That I Am Grateful To Have In My Life</b> 
<b>1.</b>	<b>My Mother</b>
<b>2.</b>	<b>HU Lessons</b>
<b>3.</b>	<b>The School I go to</b>

	 <b>My Top 3 Priority Tasks That MUST Be Completed</b> 
<b>1.</b>	<b>Lesson 59 in math</b>
<b>2.</b>	<b>College List</b>
<b>3.</b>	<b>Revise final portfolio</b>

## **Hour-By-Hour Tracking:** **[Plan+Measure=Improve]**

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Intention:</b>	 <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

# MY MORNING WAR PLAN

 **What Do I Plan To Accomplish This Morning?** 

**Gym, Math lesson 59, 100 reps of calisthenics across the board**

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

**Lesson 59**

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

**25 reps of calisthenics across the board.**

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**3 am: Task** \$

**Gym: leg Day**

**Intention** 

**Got to the gym and worked my legs, max out by 5:00am.**

**Reflection** 

**Going in I started like I always do, leg press, calf raise, and quad lift. By the end of this hour I had nearly maxed my leg press and It still amazes me that a few years ago 400lb was a goal. Now I cn train 450lb.**

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<b>4 am: Task</b> 💰	<b>Gym: leg Day</b>
<b>Intention</b> 🔔	<b>Got to the gym and worked my legs, max out by 5:00am.</b>
<b>Reflection</b> ✍️	<b>This hour was mainly spent maxing lifts. 720 lb leg press and a 305 lb squat. I seriously think I could be strong as fuck.</b>

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<b>5 am: Task</b> 💰	<b>Lesson 59 in Math</b>
<b>Intention</b> 🔔	<b>Sit and work on lesson 58 with corrections complete.</b>
<b>Reflection</b> ✍️	<b>While working on this lesson I experienced the tired feeling. I have been pushing through that tired feeling and the lesson is going smoothly.</b>

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<b>6 am: Task</b> 💰	<b>Lesson 59 in Math</b>
<b>Intention</b> 🔔	<b>Sit and work on lesson 58 with corrections complete.</b>
<b>Reflection</b> ✍️	<b>This lesson aggravated me so fucking much. I spent the full hour working and the work spread into the next hour. I really need to get back to school and get help with this shit. I will be so happy when I no longer need to do BS like this.</b>

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<b>7 am: Task</b> 💰	<b>Final Portfolio Piece</b>
<b>Intention</b> 🔔	<b>Sit and revise the final piece for my Portfolio</b>

<b>Reflection</b> 	<b>Going through this piece was not too difficult and I had a time of tiredness. I spent a good 20 mins resting and I know I could've done better.</b>
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<b>8 am: Task</b> \$	<b>Earth Systems Paper</b>
<b>Intention</b> 	<b>Sit and look over the Earth Systems Paper and revise when needed.</b>
<b>Reflection</b> 	<b>Going through the paper was alright. I had needed to finish work on revising the final portfolio piece then I could spend the rest of the time working on the Earth systems paper.</b>

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<b>9 am: Task</b> \$	<b>College Requirements</b>
<b>Intention</b> 	<b>Look through my list of colleges and note the requirements.</b>
<b>Reflection</b> 	<b>Looking through the list I have made a new system of finding the content I want. Most college websites usually have a way for perspectives to find what they need. For me I have found a way to find the acting programs and admissions.</b>

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<b>10 am: Task</b> \$	<b>College Requirements</b>
<b>Intention</b> 	<b>Look through my list of colleges and note the requirements.</b>
<b>Reflection</b> 	<b>Looking through what each college wants, I feel more confident about what they want.</b>

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<b>11 am: Task</b> 💰	<b>College List</b>
<b>Intention</b> 🔔	<b>Write up the list of colleges and the notes that go with them.</b>
<b>Reflection</b> ✍️	<b>This time was used to eat and plan for more college shit. When I talk with my mom about college she takes up a lot of time.</b>

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<b>12 am: Task</b> 💰	<b>Plan for Day 16</b>
<b>Intention</b> 🔔	<b>Sit and plan for what tasks need completing for Day 16</b>
<b>Reflection</b> ✍️	<b>Ge plan is being made in the last 20 minutes of the hour because I was talking a lot with my mom about college.</b>

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## 🎯 **END-OF-THE-MORNING REPORT** 🎯

<b>🧠 What Did I Learn This Morning? 🧠</b>
<b>Nothing don't know.</b>

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<b>❌ What Problem's Did I Face This Morning? ❌</b>
<b>Nothing for now</b>

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<b>🔑 How Will I Solve These Problems For This Afternoon? 🔑</b>
<b>N/A</b>

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# MY AFTERNOON WAR PLAN

 **What Do I Plan To Accomplish This Afternoon?** 

**Gym, HU work, cello practice**

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

**Gym**

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

**25 reps of calisthenics across the board.**

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**1 pm: Task** \$

**Prospecting**

**Intention** 

**Sit and look through Facebook to find 10-20 prospects**

**Reflection** 

**This prospecting hour feels very slow and annoying.**

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**2 pm: Task** \$

**Prospecting**

**Intention** 

**Sit and look through Facebook to find 10-20 prospects**

**Reflection** 

**This hour was very tiring. I'm going to have to do an OODA loop to find why I am so tired now because this never happened before.**

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<b>3 pm: Task</b> 💰	<b>Gym:cardio</b>
<b>Intention</b> 🔔	<b>Do normal cardio work out: Elliptical, Rowing, 2 mile run</b>
<b>Reflection</b> ✍️	<b>This workout was mentally tough. The elliptical is seriously a mind game. There were times where my mind was screaming to stop. But I kept going and I found my second wind.</b>

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<b>4 pm: Task</b> 💰	<b>Gym:cardio</b>
<b>Intention</b> 🔔	<b>Do normal cardio work out: Elliptical, Rowing, 2 mile run</b>
<b>Reflection</b> ✍️	<b>This one I upped my run to 2.5 miles and I think I'll just keep upping the values.</b>

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<b>5 pm: Task</b> 💰	<b>HU work</b>
<b>Intention</b> 🔔	<b>Go through the new bootcamp and watch videos while also looking at other tasks related to HU</b>
<b>Reflection</b> ✍️	<b>I have seen that what I work I do after my cardio workouts are not as good. I am exhausted after cardio so I will change when I go for cardio.</b>

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<b>6 pm: Task</b> 💰	<b>HU work</b>
<b>Intention</b> 🔔	<b>Go through the new bootcamp and watch videos while also looking at other tasks related to HU</b>
<b>Reflection</b> ✍️	



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<b>7 pm: Task</b> 💰	<b>Cello Practice</b>
<b>Intention</b> 🔔	<b>Sit and play through songs already known and start learning new ones</b>
<b>Reflection</b> ✍️	

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<b>8 pm: Task</b> 💰	<b>Cello Practice</b>
<b>Intention</b> 🔔	<b>Sit and play through songs already known and start learning new ones</b>
<b>Reflection</b> ✍️	

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## **End-Of-The-Day Report:**

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<b>🧠 What Did I Learn Today? 🧠</b>
<b>-I learned that with exercise I have to plan the amount of rest I have. My workouts should be planned week by week. Weights in the morning coupled with cardio needs to be planned better.</b>
<b>-Cardio workouts tire me out completely and I now think that I could benefit from a later time going to the gym for cardio.</b>

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<b>❌ What Problems Did I Face In The Day? ❌</b>
<b>Nothing I could see</b>

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

**N/A**

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

**-Set up a workout system that staggered cardio.**

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

**-Keep moving to new tasks when the hours call for it.**

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

 **What Tasks Were Left Undone?** 

# Brain Dump:

**I seriously need to focus better.  
Cardio is really the tiredness maker.**