# WEEK 2 - 28 Days To A Client

### THE MASTER WAR MODE DAY PLAN + REPORT

| <b>✓</b> /×            | 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   |
| <b>5.</b> 🔽/💢          | Q1 ·        | 200 Sit Ups/150   |
| 6. <b>7</b> / <b>×</b> | Q1 ·        | 200 Air Squats/125  |
| 7. <b>V</b> / <b>X</b> | Q1 ·        | 200 Pull ups/135  |
| 8. 🗸                   | Q1 ·        | Gym in the Morning  |
| 9. 🔽                   | Q1 ·        | Gym in the Evening  |
| 10. 🔽                  | Q1 ·        | Research College Requirements                                       |
| <b>11.</b>             | Q1 ·        | Start Writing up a College list for Karen                           |
| 12. 🔽/                 | Q2 ·        | Work on HU Lessons  |
| <b>13.</b> 🔽/🔀         | 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               |
| <b>16.</b> 🔽/🔀         | Q3 ·        | Drink 3lt of Water/1  |
| 17. 🔽                  | Q3 ·        | Brush Teeth in Morning  |
| <b>18.</b> 🔽/🗙         | Q3 ·        | Brush Teeth in Evening  |
| <b>19.</b> 🔽/🗙         | <b>Q3</b> · | Play Cello and practice 2 New song and "never had a friend like me" |
| <b>20.</b> 🔽/🗙         | Q1 ·        | Plan for Day 16   |
|                        |             |   |

|             | DAY NUMBER + DATE + TIME |
|-------------|--------------------------|
| Day Number: | 15                       |
| Date:       | 3/27/2023                |
| Start Time: | 3:00am                   |

|    | 🙏 3 Things That I Am Grateful To Have In My Life 🙏 |
|----|--|
| 1. | My Mother  |
| 2. | HU Lessons   |
| 3. | The School I go to                                 |

| 1. | Lesson 59 in math      |
|----|------------------------|
| 2. | College List           |
| 3. | Revise final portfolio |



# [Plan+Measure=Improve]

| \$ Task:     | \$ Task = Set The Task That I Intend To Complete This Hour?                    |
|--------------|--|
| A Intention: | (a) 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?       |



| Gym, Math les   | son 59, 100 reps of calisthenics across the board  |
|-----------------|--|
|                 |  |
|                 |  |
|                 | ⊚What Is The Main Goal For This Morning?⊚  |
| Lesson 59       |  |
|                 |  |
|                 |  |
|                 | Phow Will I Start My Morning With Power?   |
| 25 reps of cali | sthenics across the board.   |
|                 |  |
|                 |  |
|                 |  |
|                 |  |
|                 |  |
|                 |  |
|                 |  |
| 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.<br>By the end of this hour I had nearly maxed my leg press and It still<br>amazes me that a few years ago 400lb was a goal. Now I cn train 450lb. |
|                 |  |

| 4 am: Task \$ | Gym: leg Day   |
|---------------|--|
| Intention 🔔   | Got to the gym and worked my legs, max out by 5:00am.  |
| Reflection /  | 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.   |
|               |  |
|               |  |
|               |  |
| 5 am: Task \$ | Lesson 59 in Math  |
| Intention 🔔   | Sit and work on lesson 58 with corrections complete.   |
| Reflection /  | While working on this lesson I experienced the tired feeling. I have been pushing through that tired feeling and the lesson is going smoothly.   |
|               |  |
|               |  |
|               |  |
| 6 am: Task \$ | Lesson 59 in Math  |
| Intention 🔔   | Sit and work on lesson 58 with corrections complete.   |
| Reflection /  | 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. |
|               |  |
|               |  |
| 7 am: Task \$ | Final Portfolio Piece  |
| Intention 🔔   | Sit and revise the final piece for my Portfolio  |

| Reflection /   | 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 am: Task \$  | Earth Systems Paper   |
| Intention 🔔    | Sit and look over the Earth Systems Paper and revise when needed.   |
| Reflection /   | 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.  |
|                |   |
|                | T   |
| 9 am: Task \$  | College Requirements  |
| ntention 🔔     | Look through my list of colleges and note the requirements.   |
| Reflection /   | 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 fix the acting programs and admissions. |
|                |   |
|                |   |
| 10 am: Task \$ | College Requirements  |
| 0 am: Task \$  | College Requirements  Look through my list of colleges and note the requirements.   |

| 11 am: Task \$ | College List  |
|----------------|---|
| Intention 🔔    | Write up the list of colleges and the notes that go with them.  |
| Reflection /   | 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. |
|                |   |
|                |   |
| 12 am: Task \$ | Plan for Day 16   |
| Intention 🔔    | Sit and plan for what tasks need completing for Day 16  |
| Reflection /   | Ge plan is being made in the last 20 minutes of the hour because I was talking a lot with my mom about college.             |
|                |   |

| ©END-OF-THE-MORNING REPORT®                           |
|---|
| What Did I Learn This Morning?                        |
| Nothing don't know.                                   |
|   |
| XWhat Problem's Did I Face This Morning?X             |
| Nothing for now                                       |
|   |
| € How Will I Solve These Problems For This Afternoon? |
| N/A   |
|   |

## MY AFTERNOON WAR PLAN

|                 | What Do I Plan To Accomplish This Afternoon?  |
|-----------------|---|
| Gym, HU work    | , cello practice  |
|                 |   |
|                 |   |
|                 | ⊚What Is The Main Goal For This Afternoon?⊚   |
| Gym             |   |
|                 |   |
|                 |   |
|                 | → How Will I Start My Afternoon With Power? →   |
| 25 reps of cali | sthenics across the board.  |
|                 |   |
|                 |   |
| 1 pm: Task \$   | Prospecting   |
| Intention 🔔     | Sit and look through Facebook to find 10-20 prospects   |
| Reflection /    | This prospecting hour feels very slow and annoying.   |
|                 |   |
|                 |   |
|                 |   |
| 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. |
|                 |   |

| 3 pm: Task \$ | Gym:cardio   |
|---------------|--|
| Intention 🔔   | Do normal cardio work out: Elliptical, Rowing, 2 mile run  |
| Reflection /  | 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. |
|               |  |
|               |  |
| 4 pm: Task \$ | Gym:cardio   |
| Intention 🔔   | Do normal cardio work out: Elliptical, Rowing, 2 mile run  |
| Reflection /  | This one I upped my run to 2.5 miles and I think I'll just keep upping the values.   |
|               |  |
|               |  |
| 5 pm: Task \$ | HU work  |
| Intention 🔔   | Go through the new bootcamp and watch videos while also looking at other tasks related to HU   |
| Reflection /  | 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.                               |
|               |  |
|               |  |
| 6 pm: Task \$ | HU work  |
| Intention 🔔   | Go through the new bootcamp and watch videos while also looking at   |

other tasks related to HU

Reflection /

| 7 pm: Task \$ | Cello Practice   |
|---------------|--|
| Intention 🔔   | Sit and play through songs already known and start learning new ones |
| Reflection /  |  |
|               |  |
|               |  |
|               |  |
| 8 pm: Task \$ | Cello Practice   |
| Intention 🔔   | Sit and play through songs already known and start learning new ones |
| Reflection /  |  |



#### 🧠 What Did I Learn Today?🧠

- -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.
- -Cardio workouts tire me out completely and I now think that I could benefit from a later time going to the gym for cardio.

### XWhat Problems Did I Face In The Day?X

Nothing I could see

| € How Will I Solve These Problems Tomorrow?                                       |
|---|
| N/A   |
|   |
|   |
| NEW What Do I Plan To Do Differently Tomorrow? NEW                                |
| -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.