WAR MODE DAY PLANNER

	DAY NUMBER + DATE + TIME
Day Number:	22
Date:	7/14/2023
Start Time:	530

✓ or ×	<u>Priority</u>	Tasks
1. 🗸	Q1 ·	Gym
2. 🔽	Q1 ·	Send More outreach
3. 🔽	Q1 ·	Write Spec work for prospects
4. 🔽	Q1 ·	Review copy
5. 🔽	Q1 ·	Read Awaken the Glant within
6. 🔽	Q1 ·	Morning power up call
8. 🗸	Q1 ·	Review courses
9.	Q1 ·	Enroll in the AI campus
10.	Q1 ·	Practice using AI more
11.	Q2 ·	Eat lots of protein
12.	Q2 -	Drink 80 oz of water
13.	Q2 -	Stretch
14.	Q3 -	Clean your apartment
15.	Q3 -	Buy eggs and chicken
16.	Q1 ·	Do 1000 Squats

		⊚My Top 3 Priority Tasks That MUST Be Completed ⊚	
1.	Do 1000 S	Squats, plus Gym	•
2.	Send out	reach, Write spec work for porspect	
3.	Review c	ourses	_
		MY MORNING WAR PLAN	
		Phow Will I Start My Morning With Power?	
		Water and pushups	-
5 am	: Task \$		
Refle	ction /		
6 am:	Task \$		•
Refle	ction /		
 7 am:	Task \$		
 Refle	ction /		-
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8 am: Task		
Reflection		
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9 am: Task		
Reflection		
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10 am:Task	\$	
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11 am: Task	\$	
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12 am: Task	\$	
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2 pm: Task	• •		
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3 pm: Task	\$		
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4 pm: Task	\$		
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5 pm: Task	\$		
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6 pm: Task \$		
Reflection /		
7 pm: Task \$		
Reflection /		
8 pm: Task \$		
Reflection /		
9 pm: Task \$		
Reflection /		
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	End-Of-The-Day Report:	

◎What Did I Learn Today?

I learned the power of my breakfast and lunch for helping bulk up

$\pmb{\times}$ What Problems Did I Face In The Day? $\pmb{\times}$	
Not enough calories	
Phow Will I Solve These Problems Tomorrow?	
Eat breakfast and lunch with good protein sources	
Gym was left undone but my squats were achieved	

Brain Dump:

Champions succeed in the darkest hours.

Life would suck if no one was a part of the slave games.

Discipline is the healthy way to live a full life.