










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	Out of bed immediately
2. ✓	Q1	Immediate ice cold shower
3. ✓	Q1	100 pushups
4. ✓	Q1	Check/ message platoon
5. ✓	Q1	Meditate
6. ✓	Q2	Client work
7. ✓	Q2	Work for church
8. ✗	Q2	Send 10 emails with double outreach setup
9. ✗	Q2	1 quick copy review
10. ✗	Q2	Refine outreach template/ outreach approach
11. ✓	Q3	Study at church
12. ✓	Q3	Check up on my platoon's challenge progress
13. ✓	Q3	End the day at 300 pushups- 200
14. ✗	Q3	Wrote at least 100 words of copy by the end of the day
15. ✓	Q3	All food tracked; hit protein goal.
16. ✓	Q4	Vitamins/ micro-supps taken.
17. ✓	Q4	Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow.
18. ✗	Q4	Lifted heavy things - abs
19. ✓	Q4	Keep aligned with God and make the right choices when I can.
20. ✓	Q4	Day treated with a War Mode mentality?

	 DAY NUMBER + DATE + TIME 
Day Number:	WM-20 / ACC-102
Date:	4/2/23
Start Time:	5:30 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I am grateful for being able to recognize my mistakes
2.	I am grateful for always pushing past my failures unlike 95% of people today
3.	I am grateful for having people around me that will at least call me out every once in awhile

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Church work
2.	Lifting
3.	Pushups

Hour-By-Hour Tracking: **[Plan+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 MORNING WAR PLAN



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

I plan to get up and start the day right

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

My main goal is to hit the workout room early early

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

I will make sure to get right up

5 am: Task 💰	wake up, workout room
Intention 🔔	Get right out of bed and go straight to the workout room
Reflection ✍️	Didn't get enough sleep, so slept right through the alarm.

6 am: Task 💰	finish workout
Intention 🔔	Finish up, come back home
Reflection ✍️	Didn't get enough sleep, so slept right through the alarm.

7 am: Task 💰	get home, clean up, eat
Intention 🔔	Get back home, take a shower and get ready for the day while eating
Reflection ✍️	Woke up and got ready for the day

8 am: Task 💰	get to church, start
Intention 🔔	Arrive at the church and get an idea of what my day will look like
Reflection ✍️	Did so

9 am: Task 💰	church work
Intention 🔔	study, practice how to drive, etc.
Reflection ✍️	Did so

10 am: Task 💰	church work
Intention 🔔	study, practice how to drive, etc.
Reflection ✍️	Did so

11 am: Task 💰	church work
Intention 🔔	study, practice how to drive, etc.
Reflection ✍️	Did so

12 am: Task 💰	church work
Intention 🔔	study, practice how to drive, etc.
Reflection ✍️	Did so

🎯 **END-OF-THE-MORNING REPORT** 🎯

🧠 What Did I Learn This Morning? 🧠
I learned that if I don't get sufficient sleep compared to how hard I work and how hard I push my cognitive abilities, my body will punish it

❌ What Problem's Did I Face This Morning? ❌
Slept through the alarm

🔑 How Will I Solve These Problems For This Afternoon? 🔑
I'll make sure to get the right amount of sleep tomorrow



MY AFTERNOON WAR PLAN



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

I plan to work for my church and lift when I get home

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

My main goal is to work for the church

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

I will make sure to keep momentum

1 pm: Task \$

church work

Intention 

study, practice how to drive, etc.

Reflection 

Did so

2 pm: Task \$

church work

Intention 

study, practice how to drive, etc.

Reflection 

Did so

3 pm: Task 💰	church work
Intention 🔔	study, practice how to drive, etc.
Reflection ✍️	Did so

4 pm: Task 💰	church work
Intention 🔔	study, practice how to drive, etc.
Reflection ✍️	Did so

5 pm: Task 💰	church work
Intention 🔔	study, practice how to drive, etc.
Reflection ✍️	Did so

6 pm: Task 💰	finish church work and go home
Intention 🔔	wrap up, head home and have family time
Reflection ✍️	Did so, came home

7 pm: Task 💰	family duties, outreach work
Intention 🔔	Whatever necessary family tasks, then FV's
Reflection ✍️	Got home, talked to dad about business/ church/ life balance; how to outwork everyone but not get overwhelmed

8 pm: Task 💰	get ready for bed and outreach
Intention 🔔	FV's/ emails and shower
Reflection ✍️	Got home, talked to dad about business/ church/ life balance; how to outwork everyone but not get overwhelmed

9 pm: Task 💰	outreach and lifting
Intention 🔔	Sending emails & lifting heavy things
Reflection ✍️	Finished talking to dad, looked at twitter for a bit and then get ready for bed

10 pm: Task 💰	finish outreach and lifting
Intention 🔔	Finish emails and finish lifting heavy shit
Reflection ✍️	planned the next day, sleep

11 pm: Task 💰	plan tomorrow and sleep
Intention 🔔	Plan tomorrow and hit the sack to recuperate
Reflection ✍️	slept



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

I learned that I need to eat better so that my days aren't messed up by stomach issues

❌ What Problems Did I Face In The Day? ❌

Stomach problems, scrolling

🔑 How Will I Solve These Problems Tomorrow? 🔑

Tomorrow I'll be sure to prioritize productive phone use over twitter

NEW What Do I Plan To Do Differently Tomorrow? NEW

I plan to not use twitter besides Tate

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

I plan to approach the day with vigor

 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 
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Send to accountability chats

 What Tasks Were Left Undone? 

Lift, outreach tasks

Brain Dump: