

THE MASTER WAR MODE DAY PLAN + REPORT

► The Mastery Checklist Explained to achiev...

✓/✗	D/10	I/10	/20	Master Checklist:	Task Time:
✓/✗	1 ▾	10 ▾	11 ▾	Wake up	5
✓/✗	1 ▾	10 ▾	11 ▾	Push-ups	5-5:05
✓/✗	1 ▾	10 ▾	11 ▾	Weigh-in	5:05-5:10
✓/✗	1 ▾	10 ▾	11 ▾	Gratitude Journal	5:10-5:30
✓/✗	1 ▾	10 ▾	11 ▾	Watch Morning Power Up	5:30-5:45
✓/✗	1 ▾	10 ▾	11 ▾	Win vs. Loss/ War plan	5:45-6
✓/✗	1 ▾	10 ▾	11 ▾	Watch Step 1 of Beginner Bootcamp	6-7
✓/✗	1 ▾	10 ▾	11 ▾	Morning Routine	7-7:30
✓/✗	4 ▾	10 ▾	14 ▾	Copy Review	7:30-8:15
✓/✗	7 ▾	1 ▾	8 ▾	School	8:15-11:45
✓/✗	8 ▾	10 ▾	18 ▾	Train	12:45-2
✓/✗	1 ▾	10 ▾	11 ▾	Lunch	2:15-3
✓/✗	1 ▾	10 ▾	11 ▾	Chores	3-5
✓/✗	3 ▾	10 ▾	13 ▾	Shower and Copy Review Breakdown	5-6:30
✓/✗	1 ▾	10 ▾	11 ▾	Dinner/ Clean up for dinner	6-8
✓/✗	1 ▾	10 ▾	11 ▾	Review day	8-8:30
✓/✗	1 ▾	10 ▾	11 ▾	Read	8:30-8:45
✓/✗	1 ▾	10 ▾	11 ▾	Journal	8:45-9
✓/✗	1 ▾	10 ▾	11 ▾	Stretch	9-9:15
✓/✗	1 ▾	10 ▾	11 ▾	Meditate	9:15-9:30

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	 DAY NUMBER + DATE + TIME 
Day Number:	4
Date:	April 19, 2023
Start Time:	5 am

	 3 Things That I Am Grateful To Have In My Life 
1.	I'm grateful for Hamza telling me to ditch my old friend group because you should never stick by people who won't elevate themselves
2.	I'm grateful for registering for a free guest pass from Chicago Fitness so I can see if I like this new gym and finally be able to train on my own time and with fewer people in the gym
3.	I'm grateful for hitting 70s on dumbbell flat press for 2 instead of one like I thought

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Watch as many Step 1 videos as possible
2.	Review 4 pieces of copy
3.	Train ARMS

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

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
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 Sub-Task:	 Sub-Task = 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?** 

Watch as much of step 1 as possible, watch the morning power-up, Wake up at 5, do Push-ups, Weigh-in, Gratitude Journal, fill out war mode and win vs. loss, copy review, eat breakfast, brush and floss teeth, wash and ice face

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

Watch as many Step 1 videos as possible

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

Push-ups

**DELETE BOXES
THAT ARE BEFORE
YOU WAKE UP!**

5 am: Task 💰	Morning Routine
Sub-Task's 🔔	Wake up at 5, Push-ups, Weigh-in, Gratitude Journal, Watch Morning Power-up, Fill out War Mode and Win vs. Loss
Reflection ✍️	Yes I completed this

6 am: Task 💰	Beginner Bootcamp
Sub-Task's 🔔	Watch as many beginner boot camp stage 1 videos as possible
Reflection ✍️	Yes I completed this

7 am: Task 💰	Morning Routine Pt 2
Sub-Task's 🔔	Eat breakfast, take supplements, wash and ice face, brush and floss teeth, and copy review
Reflection ✍️	Yes I completed this

8 am: Task 💰	School
Sub-Task's 🔔	
Reflection ✍️	

9 am: Task 💰	School
Sub-Task's 🔔	
Reflection ✍️	

10 am: Task 💰	School
Sub-Task's 🔔	
Reflection ✍️	

11 am: Task 💰	School
Sub-Task's 🔔	
Reflection ✍️	

12 am: Task 💰	Train
Sub-Task's 🔔	ARMS
Reflection ✍️	Yes I completed this

 **END-OF-THE-MORNING REPORT** 

 **What Did I Learn This Morning?** 

The meaning of business is that it is a relationship of value exchange

 **What Problems Did I Face This Morning?** 

I didn't get 100 push-ups done before school

 **How Will I Solve These Problems For This Afternoon?** 

Finish my 100 push-ups before heading to the gym where I will destroy my arms

MY AFTERNOON WAR PLAN

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

Track all macros, read, journal, stretch, meditate, swipe file breakdown, watch more step 1, and cook dinner

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

Train my arms to mechanical failure

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

By hitting arms at the gym

1 pm: Task 💰	Train
Intention 🔔	ARMS
Reflection ✍️	Yes I completed this

2 pm: Task 💰	Lunch
Intention 🔔	Eat lunch and track all macros
Reflection ✍️	Yes I completed this

3 pm: Task 💰	Chores
Intention 🔔	Fold laundry and vacuum the house
Reflection ✍️	Yes I completed this

4 pm: Task 💰	Chores
Intention 🔔	Clean the downstairs bathroom and train neck
Reflection ✍️	Yes I completed this

5 pm: Task 💰	Training Plan Rework
Intention 🔔	Fix ARMS, Legs, and Chest/Back split
Reflection ✍️	Yes I completed this

6 pm: Task 💰	Copy Review Breakdown
Intention 🔔	Breakdown a piece of successful copy and take a shower
Reflection ✍️	Yes I completed this

7 pm: Task 💰	Eat dinner
Intention 🔔	Eat and track all macros, clean up dishes
Reflection ✍️	Yes I completed this

8 pm: Task 💰	Pack and review the day
Intention 🔔	Fill out War planner and pack t-shirts, pants and long sleeves
Reflection ✍️	Yes I completed this

9 pm: Task 💰	Nighttime Routine
Intention 🔔	Read, Journal, Stretch, Meditate
Reflection ✍️	Yes I completed this

End-Of-The-Day Report:

 What Did I Learn Today? 
Machine Shoulder Press is much more difficult than standing overhead press

 What Problems Did I Face In The Day? 
Wasting time just watching Youtube videos instead of being more productive

 How Will I Solve These Problems Tomorrow? 
Following my war plan, getting to bed on time, and training

 What Do I Plan To Do Differently Tomorrow? 
I plan to try out the guest pass at the new gym in my area and pay for dinner for my family, get to bed as early as possible

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

I plan to follow the same morning and night routine as well as review copy and train

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

I need to share feedback with

 **What Tasks Were Left Undone?** 

None

Brain Dump: