

THE WAR MODE DAY PLANNER

✓/✗	Task List For The Day
1. ✓	Out of bed; immediately take the cold shower
2. ✓	100 pushups
3. ✓	Check all messages and notifications
4. ✓	Money-making work (Work with dad, client work, etc.)
5. ✓	Practice driving/ handle car BS
6. -	Upwork (looked for better cars to buy, to handle transportation)
7. ✓	Dentist
8. ✓	End the day at 200 pushups
9. ✓	Purify
10. ✓	All food tracked; hit protein goal, and all supps taken
11. ✓	Send the sheet to TG, TRW, and Platoon. Plan tomorrow.
12. ✗	Lifted heavy things - abs

🙏	🙏 3 Things That I Am Grateful For/ Grateful To Have In My Life 🙏
1.	I am grateful for my favorite suit jacket
2.	I am grateful for my suits not getting torn yet
3.	I am grateful for the weight on my shoulders at the church

MY HOURLY WAR PLAN

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔪 Reflection:	🔪 Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

5 am: Task \$	
Reflection ✎	

6 am: Task \$	start the day, head to work
Reflection ✎	did so

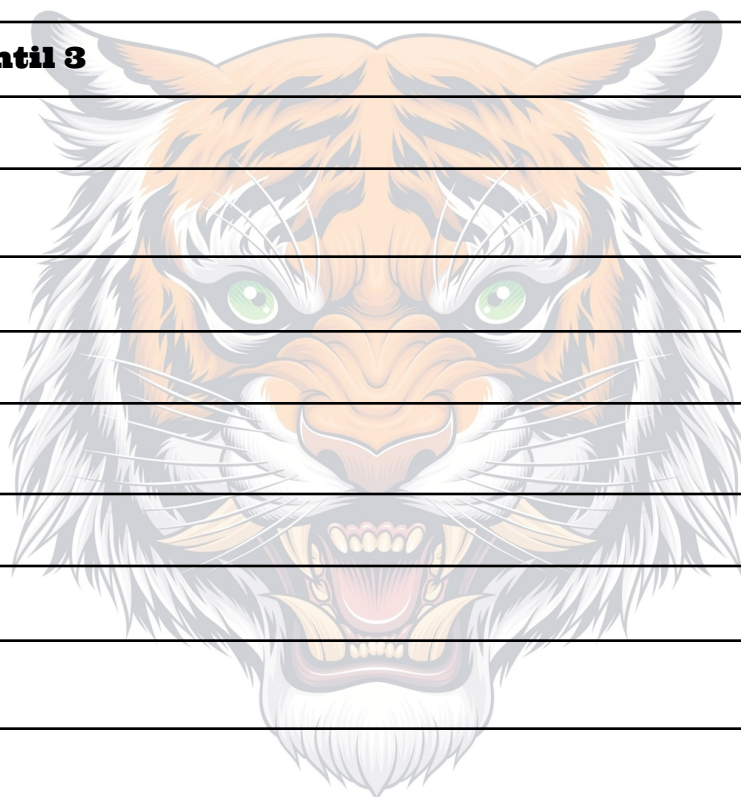
7 am: Task \$	work until 3
Reflection ✎	did so

8 am: Task \$	
Reflection ✎	

9 am: Task \$	
Reflection ✎	

10 am: Task \$	
Reflection ✎	

11 am: Task \$	
Reflection ✎	



12 am: Task \$	
Reflection ✍	
1 pm: Task \$	
Reflection ✍	
2 pm: Task \$	
Reflection ✍	
3 pm: Task \$	dentist
Reflection ✍	finished dentist
4 pm: Task \$	dentist
Reflection ✍	got home, ate and got ready
5 pm: Task \$	go to church
Reflection ✍	did so
6 pm: Task \$	purify/ work until 10
Reflection ✍	did so
7 pm: Task \$	

Reflection ✎	
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8 pm: Task \$	
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Reflection ✎	
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9 pm: Task \$	
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Reflection ✎	
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10 pm: Task \$	head home, pass out
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Reflection ✎	did so
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11 pm: Task \$	
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Reflection ✎	
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