The *Time Tycoon Challenge* - DAY PLAN + REPORT

☑/✗	D/10	I/10	/20	Master Checklist:	Task Time:
☑/✗	10	10	20	Power Up Call	15 min
☑/✗	10	10	20	Swipe File Review	60 min
☑/✗	10	10	20	Copy Analysis	15 min
☑/✗	10	10	20	Help TRW Students	15 min
☑/✗	10	10	20	Normal job	7am - 5pm
☑/✗	10	10	20		
/✗	10	10	20	Send 3-10 Outreach messages or 1 G-work session on client work	
☑/✗	5	10	20	Review my work and identify new ideas to test	60 min
☑/✗	7	10	20	Train - chest and shoulders	
☑/✗	10	10	20	300 Push-Ups	
☑/✗	1	10	20	Abs	
☑/✗	3	10	20	Start Time: 05:30 am	
☑/✗	2	5	20	Sleep - 11:30 pm	
☑/✗	10	10	20		
☑/✗	8	10	20		
☑/✗	10	10	20		
☑/✗	10	10	20		
☑/✗	10	10	20		
☑/✗	10	10	20		

✅/❌	D/10	I/10	/20	Master Checklist:	Task Time:
✅/❌	10 ▾	10 ▾	20 ▾		

Start The Day With Tasks Valued 20 Then Move Down	**Total Hours Planned In The Day: /24**

📋	📅DAY NUMBER + DATE + TIME⌚
Day Number:	205
Date:	14.01.2024
Start Time:	05:30 am

🙌	🙏3 Things That I Am Grateful To Have In My Life🙏
1.	Family
2.	Wife
3.	Life

🔮	🔮My Top 3 Priority Tasks That MUST Be Completed🔮
1.	Copy Analysis + Help TRW Students + Daily Lessons
2.	Try to fix Clapeyron on my PC version, otherwise prepare next Meetings
3.	Grappling Training

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

💲 **Task:**	💲 **Task = Set The Task That I Intend To Complete This Hour?**
🔔 **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?🧠
Start the Outreach

🎯What Is The Main Goal For This Morning?🎯
Finish 1st Draft Outreach

🔑How Will I Start My Morning With Power?🔑
Do 300 Push-Ups , 200 abs

DELETE BOXES THAT ARE BEFORE YOU WAKE UP!

5:30 am: Task 💲	**Drink water with salt, do Push-Ups, Power Up Call**
Sub-Task's 🔔	**Power-Up Call**
Reflection ✏️	

6 am: Task 💲	
Sub-Task's 🔔	**Analyze the sales page of Sell like Crazy**
Reflection ✏️	

7 am: Task 💲	
Sub-Task's 🔔	
Reflection ✏️	

8 am: Task 💲	
Sub-Task's 🔔	
Reflection ✏️	

9 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊	

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10 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊	

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11 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊	

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12 am: Task 💲	
Sub-Task's 🔔	
Reflection 🖊	

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🎯 END-OF-THE-MORNING REPORT 🎯

🧠**What Did I Learn This Morning?**🧠
Let ChatGPT answer a smaller set of questions gives you a lot better anwers

❌**What Problems Did I Face This Morning?**❌
I spend too much time on Copy Analysis instead of my priority work

🔑**How Will I Solve These Problems For This Afternoon?**🔑
Spend more time on my Master Thesis

🏹MY AFTERNOON WAR PLAN🏹

🧠**What Do I Plan To Accomplish This Afternoon?**🧠
Start to fix Clapeyron, organize the next meetings for the new groups

🎯**What Is The Main Goal For This Afternoon?**🎯
Organize the next meetings for the new groups

🔑**How Will I Start My Afternoon With Power?**🔑
5 Convict Conditioning Cadence Push-Ups

1 pm: Task 💲	Start with the Clapeyron fix
Intention 🔔	Look up the mistakes
Reflection 🖊️	

2 pm: Task 💲	Continue with the Clapeyron fix + organize the Meetings for the new groups if necessary
Intention 🔔	
Reflection 🖊️	

3 pm: Task 💲	Prepare the next day + Read Convict Conditioning + Traffic Secrets
Intention 🔔	Open calendar and google doc
Reflection 🖊️	

4 pm: Task 💲	Grappling
Intention 🔔	Drill back escapes
Reflection 🖊️	

5 pm: Task 💲	Grappling

Intention 🔔	
Reflection 🖊️	

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6 pm: Task 💲	Grappling + dinner
Intention 🔔	Continue task
Reflection 🖊️	

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7 pm: Task 💲	dinner
Intention 🔔	Cook an omlette
Reflection 🖊️	

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8 pm: Task 💲	Dinner + if not done already prepare next day
Intention 🔔	
Reflection 🖊️	

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9 pm: Task 💲	FEOS tasks + Prepare for sleep
Intention 🔔	

Reflection 🖊	

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10 pm: Task 💲	Sleep
Intention 🔔	
Reflection 🖊	

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11 pm: Task 💲	
Intention 🔔	
Reflection 🖊	

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12 pm: Task 💲	
Intention 🔔	
Reflection 🖊	

🌆End-Of-The-Day Report:🌆

🧠What Did I Learn Today?🧠
I should make it a habit to praise people more often in my private life.

❌What Problems Did I Face In The Day?❌
Spending much time on cleaning my gear and the house. Plan my time better

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🔑How Will I Solve These Problems Tomorrow?🔑
Plan more time for cleaning next week

🆕What Do I Plan To Do Differently Tomorrow?🆕
Spend more time on TRW and my Master Thesis

♻️What Do I Plan To Do The Same Tomorrow?♻️
Keep the morning routine with TRW Copy Analysis

📱Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?📧
Look-up if Gameday Barbell responds.

📝What Tasks Were Left Undone?📝
No Outreach and no Master Thesis work

Brain Dump: