

# CONQUEST PLANNER

## 1. Define objective ?

### a. What is the goal?

To achieve 75 kg of body weight with single current body fat. Also my jump and athleticism should not get low.

### b. How will I know I've achieved it?

I stand on the weighing machine and it shows that my weight is 75.

### c. When is my deadline?

31st of september.

## 2. What are the Checkpoints between my Objective and where I am?

### Checkpoint #1 - Following a weight gaining diet

- If I want to gain 8 kg in 8 months then I have to follow a calorie surplus diet (400-500+) than you are taking now.
- I have to take 130-150 grams of protein, 270-400 grams of carbs and drink a minimum of 6 liters of water everyday.
- I have to eat clean and avoid junk foods and breads and added sugar products as much as possible.
- Should take 6-8 hours of sleep.

### Checkpoint #2 - Following a specific workout ( changes every 8 to 12 weeks )

- Gym workout : train every day in the gym with a full body workout and do plyometrics once a week .
- Home workout : do 100 burpees and 50-100 pushups everyday
- Outdoor workout : 2-3 times running at your full potential and until 18th of feb i have to prepare myself for marathon and also 3-4 days of basketball and 1-2 of dunk sessions when you start (mostly after board exams).

### Checkpoint #3 - Scheduling my time for following a diet and workout

- Should have to eat 3-5 meals a day and try to eat at a specific time and I can change the time every week but I have to follow at least 7 days to that timings.
- I will decide the time for the gym workout and outdoor workout and I can change it every week and I can do a home workout whenever I want in 24 hours.
- I will set the time for sleep and I have to follow it for at least 7 days .

### Checkpoint #4 - Seeing actual growth in my bodyweight

- Every seven days I will check my weight , PR's, jump, and my running speed and my athleticism and take notes.
- Every time I change my time I have to update it in my calendar.

### 3. What Assumptions or Unknowns do I face?

#### Assumptions:

- i. I will eat only homemade prepared meals mostly and should avoid eating outside .
- ii. It will depend on which things I have to focus more and also depends on my work load.

#### Unknowns:

- iii. How will I prepare meals and follow a clean diet and avoid junk foods ?
- iv. How will I change my workout and timings?

### 4. What are the biggest challenges/problems I have to overcome?

- My biggest challenge is to follow this diet daily but i will find a way or make a way to cross this challenge.

- My biggest problem is going to control the temptations of eating junk foods and jerking off but I will not let it happen at any cost.

5. What resources do I have?

- Veg homemade food and eggs outside.
- I can go to the gym everyday and also go for an outdoor workout.
- I have all the things to track my stuff every week.
- I have the ability to analyze and plan for the week .

Calendar Work

- List out checkpoints and set time to reach them
  - List out tasks needed to reach each checkpoint
  - Identify metrics/kpis for each task.
  - Allocate time on for each tasks
  - Each day look at the tasks you perform and metrics you need to hit to achieve checkpoints.
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