THE WAR MODE DAY PLANNER

V / X	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. 🔽	Q2 ·	Money <mark>-making work (Work with dad, clie</mark> nt work, etc.)
6. 🔽	Q2 ·	Collect 5 prospects and do their FV
7. 🔷	Q2 ·	Send 10 emails with the double email method (Need to refine website)
8. X	Q2 ·	1 really good copy review
9. 🔽	Q2 ·	Refine outreach template/outreach approach
10. 🔽	Q3 ·	Study at church
11. 🗸	Q3 -	Check up on my platoon's challenge progress
12. 🗸	Q3 -	End the day at 300 pushups
13. 🔽	Q3 -	Wrote at least 100 words of copy by the end of the day
14. 🔽	G3 -	All food tracked; hit protein goal, and all supps taken
15. 🗸	Q4 ·	Daily check-in and send the sheet to TG, TRW, and Platoon. Plan tomorrow.
16. 🔽	Q4 ·	Lifted heavy things - Shoulders
17. 🗸	Q4 ·	Keep aligned with God and make the right choices when I can.

Day Number:	120
Date:	4/19/23
Start Time:	7 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	I am grateful for summer being here now
2.	I am grateful for making it a full year of improvement
3.	I am grateful for listening to Tate all this time

Z Hour-By-Hour Tracking: **Z**

\$ 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?

MY WAR PLAN

Phow Will I Start My Morning With Power?

I will make sure to follow the morning routine and not touch my phone

5 am: Task \$	sleep
Reflection /	Did so

6 am: Task \$	sleep	
Reflection /	Did so	

7 am: Task \$	start the day
Reflection /	slept
8 am: Task \$	get ready to go
Reflection /	Got up, ate
9 am: Task \$	work with dad
Reflection /	Mowed the lawn
10 am: Task \$	work with dad
Reflection /	Finished mowing the lawn
11 am: Task \$	work with dad
Reflection /	Cleaned up, got ready for the day
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12 am: Task \$	work with dad
Reflection /	Family duties
1 pm: Task \$	work with dad
Reflection /	Iman Gadzhi video, finishing family duties, started FV's

2 pm: Task \$	work with dad
Reflection /	Finished Gadzhi video, ate, had a call to make
3 pm: Task \$	work with dad
Reflection /	More videos; started lifting
4 pm: Task \$	work with dad
Reflection /	Finish lifting and still writing FV's
5 pm: Task \$	finish work with dad
Reflection /	Writing FV's and eating
6 pm: Task \$	do some copy work and leave
Reflection /	Revise template, finish FV's, clean up and head to church
7 pm: Task \$	church work
Reflection /	did so
8 pm: Task \$	church work
Reflection /	did so
9 pm: Task \$	church work

Reflection /	did so
10 pm: Task \$	finish church work, head home and get ready for bed
Reflection /	did so
11 pm: Task \$	last tasks; sleep
Reflection /	did so
_	
	End-Of-The-Day Report:
= :::)	
	What Did I Learn Today?
I learned that l	can do a hell of a lot more in a day than I have been.
	XWhat Problems Did I Face In The Day?X
wasted time	
	→ How Will I Solve These Problems Tomorrow? →
Tomorrow I'll I my free hours	be sure to recognize my wasted time more often and utilize as much of as possible
	∛What Tasks Were Left Undone?

Copy review

Brain Dump: