

# DAILY PLAN OF ATTACK



DATE \_\_\_\_\_

S M T W TH F SA

## HIT LIST

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## TO DO LIST

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## TODAY I AM GREATFUL

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## LONG-TERM VISION

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## TODAY'S WORKOUT/DINNER PLANS

## TODAY'S WINS

6:00 AM

6:30

7:00 AM

7:30

8:00 AM

8:30

9:00 AM

9:30

10:00 AM

10:30

11:00 AM

11:30

12:00 PM

12:30

1:00 PM

1:30

2:00 PM

2:30

3:00 PM

3:30

4:00 PM

4:30

5:00 PM

5:30

6:00 PM

6:30

7:00 PM

7:30

8:00 PM

8:30

9:00 PM

9:30

10:00 PM

10:30

11:00 PM

11:30

12:00 AM