2024 JUN	MON 24	TUES 25	ШЕО 26	THURS 27	투자 28	5AT 20	SÚN 30	CoreOrs
	☐ ♣♣ 3 hrs Workout+ Brainstorm ☐ ¾ Crunch/Abs ☐ Guitar +	3 hrs Workout+ Brainstorm □ 💥 Crunch/Abs	3 hrs Workout+ Brainstorm "" Crunch/Abs	3 hrs Workout+ Brainstorm □ 💥 Crunch/Abs	☐ ♣ 3 hrs Workout+ Brainstorm ☐ ¾ Crunch/Abs ☐ ✓ Guitar +	3 hrs Workout+ Brainstorm "" Crunch/Abs	☐	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto
∜ FLEX	Vocals Train	Vocals Train	Vocals Train	Vocals Train	Vocals Train	Check	Drums/Piano	DeepWork + Flow Deliberate Practice
Missions	□ ፟ ® Lab		□ŴLab		□ ® Lab DeepWork	□ [∰] Lightsaber	□ ∜ Social Event	Engineering Arts + Music
פאאאואל <u>,</u> ספרבבואב	DeepWork	□ Lin & Lang/Project	DeepWork	□ Lin & Lang/Project	□∏Lin & Lang	Nunchuks	□ <mark>II</mark> Prep Slides	Convict Conditioning MMM Minimalism
	□ Ψ Reading	Х	□ Ψ Reading	Х	□ ©* Mission Debrief	□ 🖳 Opus 1001	□ 🖳 Opus 1001	Minimal Echo Chamber No daily net calories Protein Heavy Diet
DAWN OPS MIDDAY MANEUVERS	□ ○ 10:00 – 12:00 Monday Lab Meeting							Avoid 2 Deadly Sins
MANEUVERS								□ [®] Visual Recon □ [®] Finish 1 book weekly
DEPLOY							□ 7:00 – 9:00	□ ♥ Deploy 20+ Tactical Interactions weekly □ ♥★ Maximize Sleep Without Alarm
Provision-α	<u>kcal</u>	kcal	kcal	kcal	kcal	kcal	Jamming kcal	Learn 1 new tech daily
IN Provision-β	kcal	kcal	kcal	kcal	kcal	kcal	kcal	
♦C∆LOUT	kcal	kcal	kcal	kcal	kcal	kcal	kcal	.
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2024 AUG	MON 29	TUES 30	Ш≥ 0 31	THURS	두 리 2	5AT 3	SUN -	CoraC	l?s
	3 hrs Workout+ Brainstorm	3 hrs Workout+ Brainstorm	3 hrs Workout+ Brainstorm	3 hrs Workout+ Brainstorm	3 hrs Workout+ Brainstorm	3 hrs Workout+ Brainstorm	3 hrs Workout+ Brainstorm	Automatic Aesthetic Praci Anonymit Zettelkasti Digital Minima	ticality y en alism
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DAWN OPS MIDDAY MANEUVERS	□ ▽ 10:00 – 12:00 Monday Lab Meeting							Avoid 2 Deadl	y Sins
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DEPLOY							Jamming	Without Alarm	
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	3 hrs Workout+ Brainstorm \[\sum_{\text{\text{\text{\text{\text{Brainstorm}}}}} \] Crunch/Abs	3 hrs Workout+ Brainstorm SY Crunch/Abs	3 hrs Workout+ Brainstorm	3 hrs Workout+ Brainstorm	3 hrs Workout+ Brainstorm S Crunch/Abs	3 hrs Workout+ Brainstorm STATES Crunch/Abs	3 hrs Workout+ Brainstorm SY Crunch/Abs	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism
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פאאואל <u>ה</u> סארבכבועב	DeepWork	□∏ Lin & Lang/Project	DeepWork	□∏ Lin & Lang/Project	□∏Lin & Lang	Lightsaber Nunchuks	□ <mark>II</mark> Prep Slides	Convict Conditioning MMM Minimalism
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DAWN OPS MIDDAY MANEUVERS	□ ▽ 10:00 – 12:00 Monday Lab Meeting							Avoid 2 Deadly Sins
MANEUVERS DEPLOY							□ 7:00 – 9:00	□ Lisual Recon □ Finish 1 book weekly □ Deploy 20+ Tactical Interactions weekly □ X Maximize Sleep
Provision-α IN Provision-β	kcal kcal	kcal kcal	kcal kcal	kcal kcal	kcal kcal	kcal kcal	Jamming kcal kcal	Without Alarm □ [©] Learn 1 new tech daily
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	DEPLOY							Jamming	Without Alarm	
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		Crunch/Abs	Crunch/Abs	Crunch/Abs	Crunch/Abs	Crunch/Abs	Crunch/Abs	Crunch/Abs	Checklist Manifesto
		□ ∜ Guitar +	□ ∅ Guitar +	□ ∅ Guitar +	□ ∅ Guitar +	□ � Guitar +	🗆 🐧 Invest	□ ∛ Flute/	DeepWork + Flow
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			X		X			Jildes	MMM Minimalism
			^		^	Mission	🗆 🖳 Opus	🗆 🖳 Opus	Minimal Echo Chamber
		Reading		Reading			1001	1001	No daily net calories
						Debrief			Protein Heavy Diet
		□ ♡			i i				Avoid 2 Deadly Sins
<u> 10</u>	Dawn	10:00 – 12:00			! !				
Task Line	Ops	Monday Lab Meeting							Conditions
Ġ	₩ MIDDAY								□ ^図 Visual Recon
~ ~	MANEUVERS								□ 📽 Finish 1 book weekly
~	M Dusk							□ 7:00 – 9:00 □ Music	□ ♥Deploy 20+ Tactical Interactions weekly □ ♥X Maximize Sleep
	DEPLOY							Jamming	Without Alarm
lolC/	ΔL P rovision-α	kcal	kcal	kcal	kcal	kcal	kcal	kcal	□ Searn 1 new tech daily
IN		kcal	kcal	kcal	kcal	kcal	kcal	kcal	•
	♦ C∆LOUT	kcal	kcal	kcal	kcal	kcal	kcal	kcal	
	SPENDSYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTΔL - ΔED
~ ^	∆ ∆SSMETRIC	KG	KG	KG	KG	KG	KG	KG	ΔVERΔGE - KG
@ F	(AIZEN-SKILL	>	>	>	>	>	>	>	
EN	HANCEMENT	>	>	>	>	>	>	>	© 2024 MissionGrid 5.0 by Pi All rights reserved