
















MISSIONGRID 5.0

2024 JUN	MON 24	TUES 25	WED 26	THURS 27	FRI 28	SAT 29	SUN 30	COREOPS	
  PRIMARY OBJECTIVE <hr/> <hr/>	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins	
	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs		
	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input type="checkbox"/> 💰 Invest Check	<input checked="" type="checkbox"/> 🎵 Flute/Drums/Piano		
	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork <input type="checkbox"/> 🏠 Lin & Lang	<input type="checkbox"/> 🗡️ Lightsaber Nunchuks	<input type="checkbox"/> 🎭 Social Event <input type="checkbox"/> 📊 Prep Slides		
	<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 🎯 Mission Debrief	<input type="checkbox"/> 🧑 Opus 1001	<input type="checkbox"/> 🧑 Opus 1001		
TASK LINE  DAWN Ops  MIDDAY MANEUVERS  DUSK DEPLOY	<input type="checkbox"/> 🕒 10:00 – 12:00 Monday Lab Meeting							CONDITIONS <input type="checkbox"/> 🧑 Visual Recon <input type="checkbox"/> 📖 Finish 1 book weekly <input type="checkbox"/> 🕒 Deploy 20+ Tactical Interactions weekly <input type="checkbox"/> 🕒 ⚡ Maximize Sleep Without Alarm <input type="checkbox"/> 🧠 Learn 1 new tech daily	
							<input type="checkbox"/> 🕒 7:00 – 9:00 🎵 Music Jamming		
<input type="checkbox"/> CAL IN Provision-α Provision-β	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> CALOUT	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> SPENDSYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTAL -	ΔED
<input type="checkbox"/> MASSMETRIC	KG	KG	KG	KG	KG	KG	KG	AVERAGE -	KG
<input type="checkbox"/> KAIZEN-SKILL ENHANCEMENT	➤	➤	➤	➤	➤	➤	➤		








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2024 JUL	MON 1	TUES 2	WED 3	THURS 4	FRI 5	SAT 6	SUN 7	COREOPS	
  PRIMARY OBJECTIVE <hr/> <hr/>	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins	
	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs		
	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input type="checkbox"/> 💰 Invest Check	<input checked="" type="checkbox"/> 🎵 Flute/ Drums/Piano		
	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork <input type="checkbox"/> 🏠 Lin & Lang	<input type="checkbox"/> 🗡️ Lightsaber Nunchuks	<input type="checkbox"/> 🎪 Social Event <input type="checkbox"/> 📊 Prep Slides		
	<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 🎯 Mission Debrief	<input type="checkbox"/> 🧑 Opus 1001	<input type="checkbox"/> 🧑 Opus 1001		
TASK LINE  DAWN Ops  MIDDAY MANEUVERS  DUSK DEPLOY	<input type="checkbox"/> 🕒 10:00 – 12:00 Monday Lab Meeting							CONDITIONS <input type="checkbox"/> 🧑 Visual Recon <input type="checkbox"/> 📖 Finish 1 book weekly <input type="checkbox"/> 🕒 Deploy 20+ Tactical Interactions weekly <input type="checkbox"/> 🕒 Maximize Sleep Without Alarm <input type="checkbox"/> 🧠 Learn 1 new tech daily	
							<input type="checkbox"/> 🕒 7:00 – 9:00 Music Jamming		
 CAL IN <div> Provision-α Provision-β </div>	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
 CAL OUT	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
 SPEND SYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTAL -	ΔED
 MASS METRIC	KG	KG	KG	KG	KG	KG	KG	AVERAGE -	KG
 KAIZEN-SKILL ENHANCEMENT	➤	➤	➤	➤	➤	➤	➤		











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2024 JUL	MON 8	TUES 9	WED 10	THURS 11	FRI 12	SAT 13	SUN 14	COREOPS	
  <div>  PRIMARY OBJECTIVE <hr/> <hr/> </div>	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins CONDITIONS <input type="checkbox"/> 🧑 Visual Recon <input type="checkbox"/> 📖 Finish 1 book weekly <input type="checkbox"/> 🗡️ Deploy 20+ Tactical Interactions weekly <input type="checkbox"/> ⌚🔴 Maximize Sleep Without Alarm <input type="checkbox"/> 🧠 Learn 1 new tech daily	
	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs		
	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input type="checkbox"/> 💰 Invest Check	<input checked="" type="checkbox"/> 🎷 Flute/ Drums/Piano		
	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork <input type="checkbox"/> 🏠 Lin & Lang	<input type="checkbox"/> 🗡️ Lightsaber Nunchuks	<input type="checkbox"/> 🎪 Social Event <input type="checkbox"/> 📊 Prep Slides		
	<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 🎯 Mission Debrief	<input type="checkbox"/> 🧑 Opus 1001	<input type="checkbox"/> 🧑 Opus 1001		
TASK LINE  DAWN Ops  MIDDAY MANEUVERS  DUSK DEPLOY	<input type="checkbox"/> 🕒 10:00 – 12:00 Monday Lab Meeting								
							<input type="checkbox"/> 7:00 – 9:00 🎵 Music Jamming		
<input type="checkbox"/> 📊 CAL IN Provision-α Provision-β	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> 🔥 CALOUT	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> 🔄 SPENDSYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTAL -	ΔED
<input type="checkbox"/> 📊 MASSMETRIC	KG	KG	KG	KG	KG	KG	KG	AVERAGE -	KG
 KAIZEN-SKILL ENHANCEMENT	➤	➤	➤	➤	➤	➤	➤		
	➤	➤	➤	➤	➤	➤	➤		





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2024 JUL	MON 15	TUES 16	WED 17	THURS 18	FRI 19	SAT 20	SUN 21	COREOPS	
  PRIMARY OBJECTIVE <hr/> <hr/>	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins	
	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs		
	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input type="checkbox"/> 💰 Invest Check	<input checked="" type="checkbox"/> 🎷 Flute/ Drums/Piano		
	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork <input type="checkbox"/> 🏠 Lin & Lang	<input type="checkbox"/> 🗡️ Lightsaber Nunchuks	<input type="checkbox"/> 🎪 Social Event <input type="checkbox"/> 📺 Prep Slides		
	<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 🎯 Mission Debrief	<input type="checkbox"/> 🧑 Opus 1001	<input type="checkbox"/> 🧑 Opus 1001		
TASK LINE  DAWN Ops  MIDDAY MANEUVERS  DUSK DEPLOY	<input type="checkbox"/> 🕒 10:00 – 12:00 Monday Lab Meeting							CONDITIONS <input type="checkbox"/> 🧑 Visual Recon <input type="checkbox"/> 📖 Finish 1 book weekly <input type="checkbox"/> 🕒 Deploy 20+ Tactical Interactions weekly <input type="checkbox"/> ⌚ Maximize Sleep Without Alarm <input type="checkbox"/> 🧠 Learn 1 new tech daily	
							<input type="checkbox"/> 🕒 7:00 – 9:00 Music Jamming		
 CAL IN	Provision-α Provision-β	kcal	kcal	kcal	kcal	kcal	kcal	kcal	
 CAL OUT		kcal	kcal	kcal	kcal	kcal	kcal	kcal	
 SPEND SYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTAL - ΔED
 MASS METRIC	KG	KG	KG	KG	KG	KG	KG	KG	AVERAGE - KG
 KAIZEN-SKILL ENHANCEMENT	➤	➤	➤	➤	➤	➤	➤		
	➤	➤	➤	➤	➤	➤	➤		












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2024 JUL	MON 22	TUES 23	WED 24	THURS 25	FRI 26	SAT 27	SUN 28	COREOPS	
 FLEX MISSIONS PRIMARY OBJECTIVE 	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins CONDITIONS <input type="checkbox"/> 🧑🏻 Visual Recon <input type="checkbox"/> 📖 Finish 1 book weekly <input type="checkbox"/> 🗡️ Deploy 20+ Tactical Interactions weekly <input type="checkbox"/> ⌚🚫 Maximize Sleep Without Alarm <input type="checkbox"/> 🧠 Learn 1 new tech daily	
	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs		
	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input type="checkbox"/> 💰 Invest Check	<input checked="" type="checkbox"/> 🎵 Flute/Drums/Piano		
	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork <input type="checkbox"/> 🏠 Lin & Lang	<input type="checkbox"/> 🗡️ Lightsaber Nunchuks	<input type="checkbox"/> 🎭 Social Event <input type="checkbox"/> 📊 Prep Slides		
	<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 🎯 Mission Debrief	<input type="checkbox"/> 🧑🏻 Opus 1001	<input type="checkbox"/> 🧑🏻 Opus 1001		
TASK LINE  DAWN Ops  MIDDAY MANEUVERS  DUSK DEPLOY	<input type="checkbox"/> 🕒 10:00 – 12:00 Monday Lab Meeting							TOTAL - ΔED AVERAGE - KG	
							<input type="checkbox"/> 🕒 7:00 – 9:00 🎵 Music Jamming		
<input type="checkbox"/> 📊 CAL IN Provision-α Provision-β	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> 🔥 CALOUT	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> 🔄 SPENDSYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED		
<input type="checkbox"/> 📊 MASSMETRIC	KG	KG	KG	KG	KG	KG	KG		
<input type="checkbox"/> 🧠 KAIZEN-SKILL ENHANCEMENT	➤	➤	➤	➤	➤	➤	➤		












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2024 AUG	MON 29	TUES 30	WED 31	THURS 1	FRI 2	SAT 3	SUN 4	COREOPS	
  <div>  PRIMARY OBJECTIVE <div></div> <div></div> </div>	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins CONDITIONS <input type="checkbox"/> 🧑🏻 Visual Recon <input type="checkbox"/> 📖 Finish 1 book weekly <input type="checkbox"/> 🗡️ Deploy 20+ Tactical Interactions weekly <input type="checkbox"/> ⌚🔴 Maximize Sleep Without Alarm <input type="checkbox"/> 🧠 Learn 1 new tech daily	
	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs		
	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input type="checkbox"/> 💰 Invest Check	<input checked="" type="checkbox"/> 🎷 Flute/ Drums/Piano		
	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork <input type="checkbox"/> 🏠 Lin & Lang	<input type="checkbox"/> 🗡️ Lightsaber Nunchuks	<input type="checkbox"/> 🎪 Social Event <input type="checkbox"/> 🇮🇹 Prep Slides		
	<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 🎯 Mission Debrief	<input type="checkbox"/> 🧑🏻 Opus 1001	<input type="checkbox"/> 🧑🏻 Opus 1001		
TASK LINE  DAWN Ops  MIDDAY MANEUVERS  DUSK DEPLOY	<input type="checkbox"/> 🕒 10:00 – 12:00 Monday Lab Meeting								
							<input type="checkbox"/> 7:00 – 9:00 🎵 Music Jamming		
 CAL IN	Provision-α Provision-β	kcal	kcal	kcal	kcal	kcal	kcal	kcal	
 CAL OUT		kcal	kcal	kcal	kcal	kcal	kcal	kcal	
 SPEND SYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTAL - ΔED
 MASS METRIC	KG	KG	KG	KG	KG	KG	KG	KG	AVERAGE - KG
 KAIZEN-SKILL ENHANCEMENT	➤	➤	➤	➤	➤	➤	➤		
	➤	➤	➤	➤	➤	➤	➤		
















































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2024 AUG	MON 5	TUES 6	WED 7	THURS 8	FRI 9	SAT 10	SUN 11	COREOPS	
  <div>  PRIMARY OBJECTIVE <div></div> <div></div> </div>	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins CONDITIONS <input type="checkbox"/> 🧑🏻 Visual Recon <input type="checkbox"/> 📖 Finish 1 book weekly <input type="checkbox"/> 🗡️ Deploy 20+ Tactical Interactions weekly <input type="checkbox"/> ⌚🔴 Maximize Sleep Without Alarm <input type="checkbox"/> 🧠 Learn 1 new tech daily	
	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs		
	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input type="checkbox"/> 💰 Invest Check	<input checked="" type="checkbox"/> 🎵 Flute/ Drums/Piano		
	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork <input type="checkbox"/> 🏠 Lin & Lang	<input type="checkbox"/> 🗡️ Lightsaber Nunchuks	<input type="checkbox"/> 🎪 Social Event <input type="checkbox"/> 📊 Prep Slides		
	<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 🎯 Mission Debrief	<input type="checkbox"/> 🧑🏻 Opus 1001	<input type="checkbox"/> 🧑🏻 Opus 1001		
TASK LINE  DAWN Ops  MIDDAY MANEUVERS  DUSK DEPLOY	<input type="checkbox"/> 🕒 10:00 – 12:00 Monday Lab Meeting								
							<input type="checkbox"/> 7:00 – 9:00 🎵 Music Jamming		
 CAL IN	Provision-α Provision-β	kcal	kcal	kcal	kcal	kcal	kcal	kcal	
 CAL OUT		kcal	kcal	kcal	kcal	kcal	kcal	kcal	
 SPEND SYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTAL - ΔED
 MASS METRIC	KG	KG	KG	KG	KG	KG	KG	KG	AVERAGE - KG
 KAIZEN-SKILL ENHANCEMENT	➤	➤	➤	➤	➤	➤	➤		
	➤	➤	➤	➤	➤	➤	➤		

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2024 AUG	MON 12	TUES 13	WED 14	THURS 15	FRI 16	SAT 17	SUN 18	COREOPS	
  <div>  PRIMARY OBJECTIVE <div></div> <div></div> </div>	<input type="checkbox"/>  3 hrs Workout+ Brainstorm	<input type="checkbox"/>  3 hrs Workout+ Brainstorm	<input type="checkbox"/>  3 hrs Workout+ Brainstorm	<input type="checkbox"/>  3 hrs Workout+ Brainstorm	<input type="checkbox"/>  3 hrs Workout+ Brainstorm	<input type="checkbox"/>  3 hrs Workout+ Brainstorm	<input type="checkbox"/>  3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins	
	<input type="checkbox"/>  Crunch/Abs	<input type="checkbox"/>  Crunch/Abs	<input type="checkbox"/>  Crunch/Abs	<input type="checkbox"/>  Crunch/Abs	<input type="checkbox"/>  Crunch/Abs	<input type="checkbox"/>  Crunch/Abs	<input type="checkbox"/>  Crunch/Abs		
	<input checked="" type="checkbox"/>  Guitar + Vocals Train	<input checked="" type="checkbox"/>  Guitar + Vocals Train	<input checked="" type="checkbox"/>  Guitar + Vocals Train	<input checked="" type="checkbox"/>  Guitar + Vocals Train	<input checked="" type="checkbox"/>  Guitar + Vocals Train	<input type="checkbox"/>  Invest Check	<input checked="" type="checkbox"/>  Flute/ Drums/Piano		
	<input type="checkbox"/>  Lab DeepWork	<input type="checkbox"/>  Lab DeepWork	<input type="checkbox"/>  Lab DeepWork	<input type="checkbox"/>  Lab DeepWork	<input type="checkbox"/>  Lab DeepWork	<input type="checkbox"/>  Lab DeepWork	<input type="checkbox"/>  Lab DeepWork		
	<input type="checkbox"/>  Reading	<input type="checkbox"/>  Reading	<input type="checkbox"/>  Reading	<input type="checkbox"/>  Reading	<input type="checkbox"/>  Reading	<input type="checkbox"/>  Reading	<input type="checkbox"/>  Reading		
<div>TASK LINE</div> <div>  DAWN Ops </div> <div>  MIDDAY MANEUVERS </div> <div>  DUSK DEPLOY </div>	<input type="checkbox"/>  10:00 – 12:00 Monday Lab Meeting							<div>CONDITIONS</div> <div> <input type="checkbox"/>  Visual Recon <input type="checkbox"/>  Finish 1 book weekly <input type="checkbox"/>  Deploy 20+ Tactical Interactions weekly <input type="checkbox"/>  Maximize Sleep Without Alarm <input type="checkbox"/>  Learn 1 new tech daily </div>	
<div>CAL IN</div> <div>Provision-α</div> <div>Provision-β</div>	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<div>CAL OUT</div>	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<div>SPEND SYNC</div>	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTAL -	ΔED
<div>MASS METRIC</div>	KG	KG	KG	KG	KG	KG	KG	AVERAGE -	KG
<div>HAIZEN-SKILL ENHANCEMENT</div>	➤	➤	➤	➤	➤	➤	➤		

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2024 AUG	MON 19	TUES 20	WED 21	THURS 22	FRI 23	SAT 24	SUN 25	COREOPS	
  <div>  PRIMARY OBJECTIVE <div></div> <div></div> </div>	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins	
	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs	<input type="checkbox"/> 🦋 Crunch/Abs		
	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input type="checkbox"/> 💰 Invest Check	<input checked="" type="checkbox"/> 🎷 Flute/ Drums/Piano		
	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork <input type="checkbox"/> 🏠 Lin & Lang	<input type="checkbox"/> 🗡️ Lightsaber Nunchuks	<input type="checkbox"/> 🎪 Social Event <input type="checkbox"/> 📺 Prep Slides		
	<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 🎯 Mission Debrief	<input type="checkbox"/> 🧑 Opus 1001	<input type="checkbox"/> 🧑 Opus 1001		
<div>TASK LINE</div> <div>  DAWN Ops </div> <div>  MIDDAY MANEUVERS </div> <div>  DUSK DEPLOY </div>	<input type="checkbox"/> 🕒 10:00 – 12:00 Monday Lab Meeting							<div>CONDITIONS</div> <input type="checkbox"/> 🧑 Visual Recon <input type="checkbox"/> 📖 Finish 1 book weekly <input type="checkbox"/> 🕒 Deploy 20+ Tactical Interactions weekly <input type="checkbox"/> 🕒🔴 Maximize Sleep Without Alarm <input type="checkbox"/> 🧠 Learn 1 new tech daily	
							<input type="checkbox"/> 7:00 – 9:00 🎵 Music Jamming		
<input type="checkbox"/> CAL IN Provision-α Provision-β	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> CALOUT	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> SPENDSYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTAL -	ΔED
<input type="checkbox"/> MASSMETRIC	KG	KG	KG	KG	KG	KG	KG	AVERAGE -	KG
 KAIZEN-SKILL ENHANCEMENT	➤	➤	➤	➤	➤	➤	➤	© 2024 MissionGrid 5.0 by Pi. All rights reserved.	
	➤	➤	➤	➤	➤	➤	➤		

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2024 AUG	MON 26	TUES 27	WED 28	THURS 29	FRI 30	SAT 31	SUN 1	COREOPS	
  <div>  PRIMARY OBJECTIVE <hr/> <hr/> </div>	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	<input type="checkbox"/> 🧠 3 hrs Workout+ Brainstorm	Automation Aesthetic Practicality Anonymity Zettelkasten Digital Minimalism Checklist Manifesto DeepWork + Flow Deliberate Practice Engineering Arts + Music Convict Conditioning MMM Minimalism Minimal Echo Chamber No daily net calories Protein Heavy Diet Avoid 2 Deadly Sins CONDITIONS <input type="checkbox"/> 🧑🏻 Visual Recon <input type="checkbox"/> 📖 Finish 1 book weekly <input type="checkbox"/> 🗡️ Deploy 20+ Tactical Interactions weekly <input type="checkbox"/> ⌚🔴 Maximize Sleep Without Alarm <input type="checkbox"/> 🧠 Learn 1 new tech daily	
	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs	<input type="checkbox"/> 🦾 Crunch/Abs		
	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input checked="" type="checkbox"/> 🎸 Guitar + Vocals Train	<input type="checkbox"/> 💰 Invest Check	<input checked="" type="checkbox"/> 🎷 Flute/ Drums/Piano		
	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork	<input type="checkbox"/> 🏠 Lin & Lang/Project X	<input type="checkbox"/> ⚙️ Lab DeepWork <input type="checkbox"/> 🏠 Lin & Lang	<input type="checkbox"/> 🗡️ Lightsaber Nunchuks	<input type="checkbox"/> 🎭 Social Event <input type="checkbox"/> 📊 Prep Slides		
	<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 📖 Reading		<input type="checkbox"/> 🎯 Mission Debrief	<input type="checkbox"/> 🧑🏻 Opus 1001	<input type="checkbox"/> 🧑🏻 Opus 1001		
TASK LINE  DAWN Ops  MIDDAY MANEUVERS  DUSK DEPLOY	<input type="checkbox"/> 🕒 10:00 – 12:00 Monday Lab Meeting								
							<input type="checkbox"/> 7:00 – 9:00 🎵 Music Jamming		
<input type="checkbox"/> 📊 CAL IN Provision-α Provision-β	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> 🔥 CALOUT	kcal	kcal	kcal	kcal	kcal	kcal	kcal		
<input type="checkbox"/> 🔄 SPENDSYNC	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	ΔED	TOTAL -	ΔED
<input type="checkbox"/> 📊 MASSMETRIC	KG	KG	KG	KG	KG	KG	KG	AVERAGE -	KG
<input type="checkbox"/> 🧠 KAIZEN-SKILL ENHANCEMENT	➤	➤	➤	➤	➤	➤	➤		

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