**SPRUKED 5-DAY SPRINT TRACKER & SCHEDULER**

**Purpose:** Focused execution plan for Shopify + SPRUKED site rework. Prioritizes action, momentum, and income generation while maintaining energy through 2–3 hour blocks.

**Day 1 – (Today)**

* **Block A (Shopify)** – Add 2 new products. Sort into Manswers/Gear collections.
  + Notes:
* **Block B (Prometheus)** – Capture key UI/code ideas and input into app.
  + Notes
* **Block C (Blog/SEO)** – Post "Learn to Code – The Telescreen Dream" to Medium or LinkedIn.
  + Notes:

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**Day 2**

* **Block A (Prometheus)** – Finalize a new function or UI path.
  + Notes:
* **Block B (Shopify)** – Rewrite or polish 3 existing product descriptions (tone: Manswers).
  + Notes:
* **Block C (Audiobook)** – Organize or record 1–2 sections of *Happy Toes*.
  + Notes:

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**Day 3**

* **Block A (Shopify)** – Write and upload the About SPRUKED section.
  + Notes:
* **Block B (Prometheus)** – Test logic loop or feature enhancement.
  + Notes:
* **Block C (Recovery Block)** – Light reading, idea sketching, or asset planning.
  + Notes:

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**Day 4**

* **Block A (Shopify)** – Draft new store blog content. Consider "Wolf, Phoenix, Griffin: The Spruked Legacy."
  + Notes:
* **Block B (Prometheus)** – Update naming logic or interaction prompts.
  + Notes:
* **Block C (Visual/Design)** – Work on visuals: homepage banners, icon tweaks, or Favicon.
  + Notes:

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**Day 5**

* **Block A (Shopify)** – Implement small promo or offer (bundle, discount, etc.).
  + Notes:
* **Block B (Prometheus)** – Finalize this week’s changes. Prep notes for next week.
  + Notes:
* **Block C (Review/Reflect)** – Review wins, adjust plan, and list next 5-day goals.
  + Notes:

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