



Weekly Battle Rhythm Builder

Anchors ▪ Habit Stacks ▪ Fog-of-War ▪ AAR tie-in

Pick 3–5 anchors for your week (for example: PT/Recovery, Deep Work, Admin, Family, Community). Assign a role to each day part (Morning, Midday, Evening). Stack habits to daily triggers so the routine is easy to start. Finally, set a Fog-of-War rule so when life hits, you switch to a minimum-viable version instead of zero.

Roles: Morning Focus | Midday | Evening

☐ PT/Recovery

☐ Deep Work

☐ Admin

☐ Family

☐ Community

☐ _____

☐ _____

Critical Habits (stack & triggers)

Habit Stack Prompts (3)

- When I pour coffee, I open my deck and study 10 minutes, then mark it done.
- When [trigger], I will [habit], then [reward].
- When [trigger], I will [habit], then [reward].
- When [trigger], I will [habit], then [reward].

Fog-of-War Rule (contingency)

If _____ disrupts my plan, I switch to
_____ (minimum viable) within 20 minutes
and return to schedule at _____.

Weekly Sheet

Top 3 for the Week

- 1) _____
- 2) _____
- 3) _____

<i>Mon</i>	<i>Fri</i>
<i>Tue</i>	<i>Sat</i>
<i>Wed</i>	<i>Sun</i>
<i>Thu</i>	

Weekly AAR Done ☐

Anchors kept: /

Schedule a
20-Minute Fit Call



Download the 90-Day
Mission Planner

