CHAPTER 19 ALOK'S RHYTHM • 30-DAY SPRINT CADENCE

RHYTHM-CH19-SCHEDULE

Alok's Rhythm: Phase 1 (Days 01–30) Foundation & Build Schedule

The exact 30-day operating cadence and daily sprint checklists used to complete Sprints 01 through 04 with zero distraction, total focus, and mathematical precision.

RHYTHM ID	SPRINT HORIZON	WEEKLY FOCUS	MILESTONE GOAL
RHYTHM-CH19-SCHEDULE	Days 01-30	1 Sprint / Week	Validated Offer

1. 4-WEEK MILESTONE BREAKDOWN

PHASE 1 CALENDAR

Follow this weekly progression throughout Month 1. Each 7-day cycle has a singular non-negotiable target.

WEEK	DATES	SPRINT FOCUS	FRIDAY SIGN-OFF METRIC
Week 1	Days 01 – 07	Sprint 01: Crucible IP & Ikigai Alignment	Crucible Scar Extraction Document Approved
Week 2	Days 08 – 14	Sprint 02: Flagship Offer Pricing & Math	One-Sheet Transformation Agreement Finalized
Week 3	Days 15 – 21	Sprint 03: S-T-O-R-Y-X™ 30-Day Content Bank	12 High-Conviction Authority Posts Scheduled
Week 4	Days 22 – 30	Sprint 04: Executive Lead Magnet Deployment	Cloudflare Funnel Live & Logging Leads

2. DAILY PHASE 1 BUILD RITUALS

DAILY EXECUTION

Maintain the morning focus sprint across Monday and Tuesday of every week during Phase 1.

01 **Day 01–07 Daily Sprint**

Spend 90 minutes each morning writing out the 5 failures that preceded your major breakthrough. Codify the reversal rule for each.

02 **Day 08–14 Daily Sprint**

Calculate your 90% net margin math. Document the exact 3 phases and 9 milestones of your sovereign transformation program.

03

Day 15–21 Daily Sprint

Draft 2 authority posts per day. Ensure zero generic motivational quotes and strict focus on forensic commercial mechanisms.

04

Day 22–30 Daily Sprint

Finalize the 1-page printable checklist and connect the opt-in form to your Google Sheets webhook.