

# Daily Game Plan For Quarantine

30 upvotes | 23 March, 2020 | by coachdad8

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Here's a quick & short checklist for each day we are in quarantine. This may be the game plan for the foreseeable future. This list not only makes your day productive and keeps you from wasting time, it keeps your attraction level high for those of us who are married.

I screenshot this for daily review on my phone.

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- Physical Checklist - This puts you in the right mindset for the day

1. Wake up early
2. Workout
3. Shower & shave
4. Dress sharp & wear cologne

- Spiritual Checklist - This puts your focus on God

1. Read the Bible. Not a commentary, not a christian book, the actual Holy Bible
2. Start a formal Bible Study, I recommend [5 Aspects Of Man](#) but many are available on Amazon. Choose one with a workbook and questions so you have to think and write.
3. Pray. Try using a prayer journal.

- Productivity Checklist - This puts you in action and is a display of high value

1. Plan a fun day. Board games, family workout, charades, dance party with the kids, wife sexy spa treatment massage, nerf gun battle, hiking, biking. You have fun activities planned, right?
2. Take care of business. Pay bills, work on the house, wash the cars, mow the grass, clean the gutter, blow out the driveway, repaint a room, deep clean the bathroom, get rid of old clothes. Rarely or never be sitting around.
3. Learn new skills. Learn to type 100+ words a minute, learn piano or guitar, plant a garden. You want to grow and develop during this time.

- Leadership checklist - Because you are the captain of the ship

1. Lead devotionals with your family
2. Pray with your wife OUT LOUD
3. Initiate sex
4. Discipline the kids - please don't make your wife do this while you watch
5. Manage your finances
6. OYS on RPC

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## Comments

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Red-Curious • 10 points • 24 March, 2020 12:22 AM

Solid, brother. I assume it's implicit that people should create their own checklists and this is just a springboard to get them thinking. But the point is: be intentional with this time, don't let it just pass by idly - which should apply even when we're not on quarantine.

rocknrollchuck • 4 points • 24 March, 2020 12:48 AM

Amen, this is a great list for those dealing with this!

[deleted] • 2 points • 24 March, 2020 08:05 AM

Wow I wish you were my dad.

Rifleshoot • 2 points • 24 March, 2020 03:19 PM

Yeah, I'm teleworking right now. I let myself be way too lazy last week. With all of the gyms closed around me, I'm trying to at least take some walks and get some work done around the house. I'm finding out that I do not do well when I'm off my routine. I tend to get way too lazy.

rocknrollchuck • 3 points • 24 March, 2020 05:55 PM

So what are you going to do about that? I'm 50 and working 12 hour days, 6 days a week. I've got a solid routine worked out for at home until this is over. No excuses. Force yourself to get up earlier and get it done first thing.

Rifleshoot • 1 point • 24 March, 2020 07:02 PM

Thankfully work is keeping me busier this week. Mostly just walking the dog and doing the occasional body weight exercise. I could definitely be doing a lot more, though. I was hoping this stuff would blow over in a couple of weeks, but that's not looking to be the case.

rocknrollchuck • 2 points • 24 March, 2020 07:40 PM

If you fail to plan, you plan to fail. Check out this thread on Reddit's Bodyweight Fitness Community, it should give you some good ideas to get started if you don't have any home gym equipment.

Rifleshoot • 2 points • 24 March, 2020 07:58 PM

Awesome, thanks!