

January



Done?	Knowledge	Notes
	a Determine States Target States	<p>January is the time to take an honest assessment of where you are at, what you want in your western hunting adventure and what you need to be successful.</p> <p>Knowledge - Start consuming podcasts, books, and articles on elk hunting. Be mindful of sources trying to sell you on the latest and greatest gear.</p> <p>Elk101 course is a great tool to leverage to build out your elk hunting knowledge.</p>
	Research Terrain Of Target States	
	Find Podcasts To Listen To	
	1. NockOn Podcast For Archery	
	2. Kifarucast For Hunting Knowledge	
	3. ElkShape Podcast For Fitness/Hunting Inspiration	
	4. Elktalk Podcast For Elk Hunting Knowledge	
Done?	Archery / Calling Proficiency	Notes
	Shoot 3 Times Per Week / Focus On Fundamentals	<p>Archery / Calling Proficiency - Discipline is what it is all about with this pillar. Motivation can come and go, but discipline lasts.</p>
	Keep Distance Short	
	1. Work On Stance / Consistent / Every Time	
	2. Work On Grip / No Torq / Consistent / Every Time	
Done?	Physical & Mental Preparedness	Notes
	Assess Your Current Physical Condition	<p>Physical & Mental Preparedness - Start the process, move more, eat more greens.</p>
	Are you 20lbs overweight / 40lbs overweight	
	Start Moving / Walk / Hike	
	Add Greens To Your Diet	
	Remove Sugars From Your Diet	
Done?	Fiscal Preparedness	Notes
	Determine States Target States	<p>Fiscal Preparedness - Build the plan, how much money do you need to save. Discipline, save a little every week and you can do this without causing pain at home. Talk to your spouse, tell her how this is a dream / goal, with the family on board it will be much easier.</p>
	Fill Out Gear Checklist	
	Use Google Maps To Determine Distance From Home	
	Determine / Estimate The Number Of Days You Plan To Hunt	
	Complete Hunt Planner Budget File	
	Start Saving	
Done?	Gear	Notes
	Complete Hunt Planner Budget File	<p>Gear - Keep in mind what you need versus want, you don't need swanky camo or fancy packs and coolers to be successful.</p>
	Identify What Gear You Need	
	Start Looking For Discounted Gear You Need	
	1. Camofire	
	2. After Christmas Sales	
	3. Ebay	

March



Done?	Knowledge	Notes
	a You Should Now Have 3 - 4 Target Units	<p>March Is All About Continuing The Momentum You Have Built. Discipline Is The Key To Success.</p> <p>Knowledge - Continue Consuming Any And All Elk Hunting Knowledge Out There. Use This Time Learn More About Your Target Areas.</p>
	Using GoogleEarth Or Another Map Tool	
	1. Identify Trailheads / Access Points In Your Target Areas	
	2. Identify Bedding / Water In Your Target Areas	
	3. If You Look Close At Google Earth You Can Spot Outfitter Camps	
Done?	Archery / Calling Proficiency	Notes
	Shoot 3 Times Per Week / Focus On Fundamentals	<p>Archery / Calling Proficiency - Discipline is what it is all about with this pillar. Motivation can come and go, but discipline lasts.</p> <p>Continue Building Out Archery Fundamentals. Your Bow Should Be Tuned And Ready To Rock.</p> <p>Learn To Bugle. ElkNut And Corey Jacobson Are Great Resources.</p>
	Keep Distance Short	
	1. Work On Stance / Consistent / Every Time	
	2. Work On Grip / No Torq / Consistent / Every Time	
	3. Front Shoulder / No Collapse	
	4. Anchor Point / Consistent / Every Time	
	Continue Using Elk Diaphragm Calls	
	1. Focus On Locator Bugle	
Done?	Physical & Mental Preparedness	Notes
	Increase Movement	<p>Physical & Mental Preparedness - Continue To Move (Walk/Hike/Bike), All Work You Put In Now Will Pay Dividends.</p>
	3 - 4 Times A Week Walk / Hike	
	Continue Strength Training	
	1. Basic Compound Lifts (Squats/Lunges/Deadlifts/Overhead Press)	
	Keep Adding Greens	
	Continue To Remove Sugar From Your Diet	
Done?	Fiscal Preparedness	Notes
	Continue Saving	<p>Fiscal Preparedness - Continue Saving, Continue Talking About The Goal At Home. If Your Pace Of Saving Is Falling Short, Now Is The Time To Address It By Finding Additional Income.</p>
	1. Now Is The Time To Determine If You Need Additional Income	
	2. Pickup Overtime Shifts If Possible	
	3. Find A Side Hustle	
Done?	Gear	Notes
	You Have List Of Gear You Need (If Budget Allows Time To Buy)	<p>Gear - Purchase Your Pack And Boots Now If Your Budget Allows, If Not Both Start With The Boots And Pick The Pack Up In Apr/May/Jun.</p>
	1. Purchase Boots - If Possible Try On	
	2. Purchase Pack	

May



Done?	Knowledge	Notes
	a You Should Now Have 3 - 4 Target Units	
	Using GoogleEarth Or Another Map Tool	
	1. Identify Multiple Area's In Each Unit That You Like	
	2. Identify Bedding Areas (Dark Timber)	
	3. Identify Draws / Ridges / Saddles	
Done?	Archery / Calling Proficiency	Notes
	Shoot 3 Times Per Week / Focus On Fundamentals	
	Keep Distance Short	
	1. Stance/Grip/Front Shoulder/Anchor Point	
	2. Continue Centering/Leveling The Site	
	3. Focus On Draw Arm / Elbow Highh	
	4. Tension On The Backwall Consistent	
	Continue Bugling (Locator/Challenge)	
	1. Add Lip Bawls / Grunts	
Done?	Physical & Mental Prepardness	Notes
	Increase Movement	
	3 - 4 Times A Week Walk / Hike	
	Incorporate Boots & Pack, Start Small Shorter Hikes Lower Weights	
	Continue Strength Training	
	1. Basic Compund Lifts (Squats/Lunges/Deadlifts/Overhead Press)	
	Keep Adding Greens	
	Continue To Remove Sugar From Your Diet	
Done?	Fiscal Prepardness	Notes
	Continue Saving	
	1. Now Is The Time To Determine If You Need Additional Income	
	2. Pickup Overtime Shifts If Possible	
	3. Find A Side Hustle	
Done?	Gear	Notes
	Continue To Work Through Your List Of Needs As Budget Allows	
	Start To Prepare Your BackCountry Food Lists	
	1. Stick To Foods You Normall Eat	
	2. Calorie Dense	
	3. Packable	

May Is All About Continuing The Momentum You Have Built. Discipline Is The Key To Success.

Knowledge - Continue Consuming Any And All Elk Hunting Knowledge Out There. Use This Time Learn More About Your Target Areas.

Archery / Calling Proficiency - Discipline is what it is all about with this pillar. Motivation can come and go, but discipline lasts.

Learn To Bugle (Locator And Challenge). ElkNut And Corey Jacobson Are Great Resources.

Physical & Mental Prepardness - At This Point You Should Have Noticed A Change In Your Physical Conditioning. If You Started An 8 Week Strenght Cycle That Will Be Coming To An End.

Fiscal Prepardness - Continue Saving, Continue Talking About The Goal At Home. If Your Pace Of Saving Is Falling Short, Now Is The Time To Address It By Finding Additional Income.

Gear - Start To Work Through Your Backcountry Menu.

- Options:
- Peanut Butter
- Tortilla's
- Pre-Cooked Bacon
- Summer Sausage
- Trail Mix

Now Is Time To Try Dehydrated Meals If You Are Going That Route.

August



Done?	Knowledge	Notes
	a Final Call On Your Target Units/Areas	<p>August Is Here, You Are Mere Weeks Away From An Amazing Adventure.</p> <p>Knowledge - Continue Consuming Any And All Elk Hunting Knowledge Out There. Use This Time Learn More About Your Target Areas.</p> <p>Continue To Shoot / Train, You Are In The Home Stretch Now.</p>
	Dial In Elk Knowledge	
	Queue Up Podcasts For Upcoming Drive / Travel	
Done?	Archery / Calling Proficiency	Notes
	Shoot 3 Times Per Week / Focus On Fundamentals	<p>Archery / Calling Proficiency - Discipline is what it is all about with this pillar. Motivation can come and go, but discipline lasts.</p> <p>Shoot different angles, uphill, downhill, elevated etc. Shoot into shadows and out of shadows.</p> <p>Bugle, Bugle, Bugle.</p>
	Define The Distance You Can Ethically Shoot An Animal	
	Continue Practicing Your Shot Sequence	
	Shoot 3D / Total Archery Challenge Type Shoots	
	Continue Bugling (Locator/Challenge/Lip Bawls)	
Done?	Physical & Mental Preparedness	Notes
	Increase Movement	<p>Physical & Mental Preparedness - At This Point You Should Have Noticed A Change In Your Physical Conditioning.</p> <p>Build Your Legs And Lungs, You Are Going To Need Them.</p>
	Focus On Cardiovascular Endurance	
	Increase Hikes / Weighted Packs (Duration & Elevation)	
	Continue Strength Training	
	1. Basic Compound Lifts (Squats/Lunges/Deadlifts/Overhead Press)	
	Keep Adding Greens	
	Keep Sugar From Your Diet	
Done?	Fiscal Preparedness	Notes
	Continue Saving	<p>Fiscal Preparedness - Continue Saving, Continue Talking About The Goal At Home. If Your Pace Of Saving Is Falling Short, Now Is The Time To Address It By Finding Additional Income.</p>
	1. Now Is The Time To Determine If You Need Additional Income	
	2. Pickup Overtime Shifts If Possible	
	3. Find A Side Hustle	
Done?	Gear	Notes
	Trial Run Packing Your Gear In Your Pack	<p>Gear - Try The Gear You Plan To Hunt With. Go On A Weekend Hike / Camping Adventure.</p> <p>Trial Run All Gear, Verify It Is In Good Workign Order.</p>
	Purchase Any Last Minute Supplies	