Your next 90 days, one action a week.

Fill in the release date first. Then one row a week. Hours free for music each week: _____

Days 1 to 30: foundations

- ☐ **Week 1** Pick the release date (10 to 12 weeks out). Write it here: _____
- ☐ **Week 2** Check the songs. Three finished tracks you'd play a stranger?
- ☐ **Week 3** Write your words. Every word a fan would say about you in five years. Two boards.
- ☐ **Week 4** Set up the list. One sign-up link in every bio. Names on the list today: _____

Days 31 to 60: people

- ☐ **Week 5** Ten conversations. Reply by name. Ask ten listeners one real question.
- ☐ **Week 6** Find a new room. A live night, a scene, a show, a city. Which: _____
- ☐ **Week 7** Start the countdown. Final master, artwork, credits spelled right.
- ☐ **Week 8** Three phone videos, in your words, one idea each. Count follows, not likes.

Days 61 to 90: release and read

- ☐ **Week 9** Deliver and pitch. Upload. Pitch 7+ days out. One ask each to the few that fit.
- ☐ **Week 10** Tell the list. Date, a clip, what to do on the day. Two sharers briefed.
- ☐ **Week 11** Release day. One link, one message. Reply to everyone by name.
- ☐ **Week 12** Follow up. Two lines to everyone who shared or played it.
- ☐ **Week 13** Read the four numbers below. Pick the next date: _____

The four numbers

NUMBER	DAY 1	DAY 90	WORKING IF
People you can reach (list + followers)			Up every month, even a little
Release landed on the date set			Yes
Money from music in 90 days			Anything above £0
Weeks you did the one thing			10 of 13 or more