

"The focus is not what you want to become but what you are doing to become"

Coach D 'love

D.O. I.T. PLAYBOOK

Name_____ Year_____

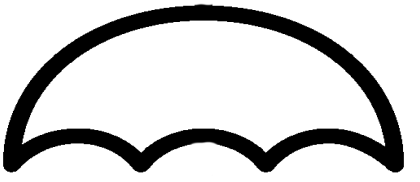
Qtr._____

"YOU vs U"

Year _____ Qtr. ____

Domain _____ Domain Assessment _____

Domain Self-Improvement Um Goal





D.O. I.T. Precept:

GOAL PLAY SHEET

Year _____ Qtr. _____

Month _____ Week_____

Goal ___ Domain _____

Quarterly Milestones

1.

2.

3.

Monthly Victories

1.

2.

3.

Weekly Wins

1.

2.

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4.

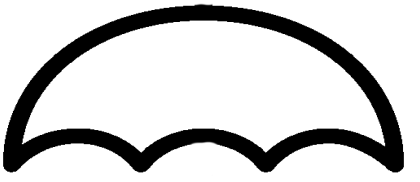
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"YOU vs U"

Year _____ Qtr. ____

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Year _____ Qtr. _____

Month _____ Week_____

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Quarterly Milestones

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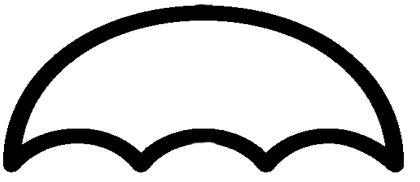
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1.

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1.

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3.

4.

5.

NEXT ____ YEARS UMBRELLA GOAL



Why?

1.

2.

3.

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_____ - ____

Year _____ D.O. I.T. Future Self Statement

Who will you be at the end of _____?

Domain (s) ☐ Family ☐ Finance ☐ Spirituality ☐ Relationships ☐ Health ☐ Career ☐ Vocation

GOAL PLAY SHEET

Year _____ Qtr. _____

Month _____ Week_____

Goal ___

Quarterly Milestones

1.

2.

3.

Monthly Victories

1.

2.

3.

Weekly Wins

1.

2.

3.

4.

5.

NEXT ____ YEARS UMBRELLA GOAL



Why?

1.

2.

3.

4.

5.



_____ - ____

Year _____ D.O. I.T. Future Self Statement

Who will you be at the end of _____?

Domain (s) ☐ Family ☐ Finance ☐ Spirituality ☐ Relationships

☐ Health ☐ Career ☐ Vocation

GOAL PLAY SHEET

Year _____ Qtr. _____

Month _____ Week_____

Goal ___

Quarterly Milestones

1.

2.

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Monthly Victories

1.

2.

3.

Weekly Wins

1.

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3.

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Month _____ Quarter ___ Year _____

MON	TUE	WED	THUR	FRI	SAT	SUN
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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

Status Ledger

✓ = Complete X = Missed → = Moved | = Waiting -- = Delete
N = Not Started W = Worked On It

Power Plays

Monthly Victories	Domain

Audibles

_____ / /

D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

☐ _____ Y N

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Additional Task

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Fuel Your Body	
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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Additional Task

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Additional Task

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Additional Task

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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WEEK ____ / - /

Daily Replays

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Next Week Scouting / / - / /

WEEK ____ / - /

Did you win this week? Y | N

$(T^3M$____ ÷ 21) X 100 =

Adherence Score _____

> 75%

"You are rocking and rolling. Just make sure you are balancing your schedule with task that keeps positive domains positive."

> 55%

"You spend your day completing tasks that are critical to achieving your goals. Keep doing what you are doing!"

> 45%

"You are working hard to ensure your top three tasks are mapped to your weekly game plan. Take some time to review your daily replays and reflect on your why, what, when, and how to make some minor adjustment to hit your target score range. Trust the process"

< 45%

"Let's pause and huddle up to take a look at what you are doing throughout the day. How much of your schedule is in your control? Where are the outliers? Who is driving your schedule? Has there been a major life interruption? Can you predict when things will stable out? Take a deep breath and take it one task at a time. You got this!"

What worked?

What didn't work?

Do you feel you are on track to be victorious this month? Y | N

If anything, what will you do, add and/or subtract next week that will guarantee the win?

WEEK ____ / / - / /

Preview

Monday ____	Major Events	Time

Tuesday ____	Major Events	Time

Wednesday ____	Major Events	Time

Thursday ____	Major Events	Time

Friday ____	Major Events	Time

Saturday ____	Major Events	Time

Sunday ____	Major Events	Time

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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

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Power Plays

Monthly Victories	Domain

Audibles

_____ / /

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

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Top (3) Daily D.O. I.T. Tasks

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Top (3) Daily D.O. I.T. Tasks

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Top (3) Daily D.O. I.T. Tasks

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WEEK ____ / - /

Daily Replays

Monday

Tuesday

Wednesday

Thursday

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Next Week Scouting / / - / /

WEEK ____ / - /

Did you win this week? Y | N

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_____ / - /

D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

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Power Plays

Monthly Victories — Domain

Audibles

_____ / /

D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

☐ _____ Y N

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Additional Task

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Additional Task

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D.O. I.T. MORNING RITUALS

Show Gratitude	
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D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Additional Task

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Show Gratitude	
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Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Status Weekly Game Plan

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WEEK ____ / - /

Daily Replays

Monday

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Next Week Scouting / / - / /

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Friday ____	Major Events	Time

Saturday ____	Major Events	Time

Sunday ____	Major Events	Time

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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

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Power Plays

Monthly Victories	Domain

Audibles

_____ / /

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Show Gratitude	
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Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Additional Task

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Top (3) Daily D.O. I.T. Tasks

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☐ _____ Y N

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Additional Task

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☐ _____ Y N

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Additional Task

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Status Ledger
✓ = Complete X = Missed → = Moved | = Waiting -- = Delete
N = Not Started W = Worked On It

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status | Weekly Game Plan

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Additional Task

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
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Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Additional Task

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D.O. I.T. MORNING RITUALS

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Jump Start Your Brain	
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Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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WEEK ____ / - /

Daily Replays

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Next Week Scouting / / - / /

WEEK ____ / - /

Did you win this week? Y | N

$(T^3M$____ ÷ 21) X 100 =

Adherence Score _____

> 75%

"You are rocking and rolling. Just make sure you are balancing your schedule with task that keeps positive domains positive."

> 55%

"You spend your day completing tasks that are critical to achieving your goals. Keep doing what you are doing!"

> 45%

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What worked?

What didn't work?

Do you feel you are on track to be victorious this month? Y | N

If anything, what will you do, add and/or subtract next week that will guarantee the win?

WEEK ____ / / - / /

Preview

Monday ____	Major Events	Time

Tuesday ____	Major Events	Time

Wednesday ____	Major Events	Time

Thursday ____	Major Events	Time

Friday ____	Major Events	Time

Saturday ____	Major Events	Time

Sunday ____	Major Events	Time

Month _____ Quarter ___ Year _____

MON	TUE	WED	THUR	FRI	SAT	SUN
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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

Status Ledger

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Power Plays

Monthly Victories — Domain

Audibles

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

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Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
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Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Status Ledger
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WEEK ____ / - /

Daily Replays

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Next Week Scouting / / - / /

WEEK ____ / - /

Did you win this week? Y | N

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Adherence Score _____

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Wednesday ____	Major Events	Time

Thursday ____	Major Events	Time

Friday ____	Major Events	Time

Saturday ____	Major Events	Time

Sunday ____	Major Events	Time

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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

Status Ledger

✓ = Complete X = Missed → = Moved | = Waiting -- = Delete
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Power Plays

Monthly Victories — Domain

Audibles

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
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D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
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D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Status Ledger
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WEEK ____ / - /

Daily Replays

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Next Week Scouting / / - / /

WEEK ____ / - /

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Wednesday ____	Major Events	Time

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Friday ____	Major Events	Time

Saturday ____	Major Events	Time

Sunday ____	Major Events	Time

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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

Status Ledger

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Power Plays

Monthly Victories	Domain

Audibles

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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WEEK ____ / - /

Daily Replays

Monday

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Next Week Scouting / / - / /

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Sunday ____	Major Events	Time

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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family Health | Finance Career | Spirituality Vocation | Relationships

Status Ledger

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Power Plays

Monthly Victories | Domain

Audibles

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
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Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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N = Not Started W = Worked On It

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Additional Task

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Status Ledger
✓ = Complete X = Missed → = Moved | = Waiting -- = Delete
N = Not Started W = Worked On It

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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WEEK ____ / - /

Daily Replays

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Next Week Scouting / / - / /

WEEK ____ / - /

Did you win this week? Y | N

$(T^3M$____ ÷ 21) X 100 =

Adherence Score _____

> 75%

"You are rocking and rolling. Just make sure you are balancing your schedule with task that keeps positive domains positive."

> 55%

"You spend your day completing tasks that are critical to achieving your goals. Keep doing what you are doing!"

> 45%

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What worked?

What didn't work?

Do you feel you are on track to be victorious this month? Y | N

If anything, what will you do, add and/or subtract next week that will guarantee the win?

WEEK ____ / / - / /

Preview

Monday ____	Major Events	Time

Tuesday ____	Major Events	Time

Wednesday ____	Major Events	Time

Thursday ____	Major Events	Time

Friday ____	Major Events	Time

Saturday ____	Major Events	Time

Sunday ____	Major Events	Time

Month _____ Quarter ___ Year _____

MON	TUE	WED	THUR	FRI	SAT	SUN
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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

Status Ledger

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Power Plays

Monthly Victories — Domain

Audibles

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
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Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
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Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

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WEEK ____ / - /

Daily Replays

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Next Week Scouting / / - / /

WEEK ____ / - /

Did you win this week? Y N

$(T^3M$____ ÷ 21) X 100 =

Adherence Score _____

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Wednesday ____	Major Events	Time

Thursday ____	Major Events	Time

Friday ____	Major Events	Time

Saturday ____	Major Events	Time

Sunday ____	Major Events	Time

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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

Status Ledger

✓ = Complete X = Missed → = Moved | = Waiting -- = Delete
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Power Plays

Monthly Victories — Domain

Audibles

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

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Top (3) Daily D.O. I.T. Tasks

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WEEK ____ / - /

Daily Replays

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Next Week Scouting / / - / /

WEEK ____ / - /

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Friday ____	Major Events	Time

Saturday ____	Major Events	Time

Sunday ____	Major Events	Time

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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
Health	Career	Vocation	

Status Ledger

✓ = Complete X = Missed → = Moved | = Waiting -- = Delete
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Power Plays

Monthly Victories	Domain

Audibles

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

Show Gratitude	
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D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

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Status Weekly Game Plan

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D.O. I.T. WEEKLY GAME PLAN

	M	T	W	Th	F	Sa	Su	

Domains

Family	Finance	Spirituality	Relationships
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Power Plays

Monthly Victories	Domain

Audibles

_____ / /

D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

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Top (3) Daily D.O. I.T. Tasks

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Status Ledger
✓ = Complete X = Missed → = Moved | = Waiting -- = Delete
N = Not Started W = Worked On It

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D.O. I.T. MORNING RITUALS

Show Gratitude	
Jump Start Your Brain	
D.O. I.T. with Excellence	
Fuel Your Body	
Frame the Day	



Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

☐ _____ Y N

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☐ _____ Y N

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☐ _____ Y N

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Additional Task

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Status Ledger
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D.O. I.T. MORNING RITUALS

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Top (3) Daily D.O. I.T. Tasks

Status Weekly Game Plan

☐ _____ Y N

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☐ _____ Y N

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Additional Task

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Status Ledger
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WEEK ____ / - /

Daily Replays

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Next Week Scouting / / - / /

WEEK ____ / - /

Did you win this week? Y | N

$(T^3M$____ ÷ 21) X 100 =

Adherence Score _____

> 75%

"You are rocking and rolling. Just make sure you are balancing your schedule with task that keeps positive domains positive."

> 55%

"You spend your day completing tasks that are critical to achieving your goals. Keep doing what you are doing!"

> 45%

"You are working hard to ensure your top three tasks are mapped to your weekly game plan. Take some time to review your daily replays and reflect on your why, what, when, and how to make some minor adjustment to hit your target score range. Trust the process"

< 45%

"Let's pause and huddle up to take a look at what you are doing throughout the day. How much of your schedule is in your control? Where are the outliers? Who is driving your schedule? Has there been a major life interruption? Can you predict when things will stable out? Take a deep breath and take it one task at a time. You got this!"

What worked?

What didn't work?

Do you feel you are on track to be victorious this month? Y | N

If anything, what will you do, add and/or subtract next week that will guarantee the win?

"The focus is not what you want to become but what you are doing to become," is the mantra Demetrius Love aka "Coach D'Love" uses to prepare individuals to begin the journey of becoming the best version of themselves inside and out. He is a transformational coach, author, and thought leader known for his practical yet powerful approach to personal growth, Coach D'Love blends real life experience with purpose driven principles that challenge readers to examine their habits, behaviors, and beliefs.

As the creator of the D.O. I. T. Framework, Duty Obsession Identity and Timeliness, he teaches that transformation is not about perfection but about intentional daily alignment. His work focuses on helping people break free from limiting patterns, rebuild their identity, and create sustainable momentum across every area of life.

Coach D'Love writes with clarity, compassion, and conviction. His style is both instructional and inspirational, meeting readers exactly where they are while calling them forward. Through his books, coaching, and community work, he continues to guide others toward disciplined living, personal accountability, and purposeful growth.

This book is written for you. Because becoming your best self is not a mystery. It is a decision made daily.