

The 7-Day & 30-Day Claim Build Plan

Preparation sprints — these schedule YOUR work, not the VA's decision

Two execution plans from Bonus Module 2. The 7-day sprint gets your foundation set this week. The 30-day system builds a complete, organized claim file. Check boxes as you go. Neither plan promises any decision outcome — they organize the part you control: preparation.

THE 7-DAY SPRINT

- **Day 1 — Open the campaign.** Create your digital claim folder (Binder Starter structure). Set up or verify VA.gov login. If you have claimable conditions and are not ready to file: research Intent to File and decide if it applies to you.
- **Day 2 — Request the records.** Submit requests for STRs and personnel records (or locate your copies). Pull VA Blue Button records if enrolled. Log requests and dates in the Command Center.
- **Day 3 — Build the condition list.** Complete the Condition Inventory tab: every condition, symptom, onset, and what in service caused or aggravated it. Big and small — sort later.
- **Day 4 — Start the evidence map.** For each condition: diagnosis? service connection evidence? severity proof? Fill the Evidence Tracker and mark the gaps.
- **Day 5 — Start the logs.** Begin the Daily Symptom Log (2 min/day, every day from now on). Book medical appointments for any undiagnosed condition you plan to claim.
- **Day 6 — Recruit your witnesses.** List buddy-statement writers (battle buddies, spouse, coworkers). Contact them. Send the templates from the Statement & Letter pack.
- **Day 7 — Draft one statement.** Write the first draft of a personal statement for your strongest condition using the template. Imperfect is fine — drafted beats perfect.

THE 30-DAY BUILD SYSTEM

- **Week 1 — Foundation (Days 1–7).** Run the 7-Day Sprint above. End state: folders built, records requested, condition list complete, evidence gaps identified, symptom log running, witnesses contacted, one statement drafted.
- **Week 2 — Medical evidence (Days 8–14).** Attend appointments and report symptoms completely. Read every record you've received; flag entries that mention claimed conditions; log them in the binder index. Identify which conditions still lack a written diagnosis and schedule the visits to address them honestly.
- **Week 3 — Statements & support (Days 15–21).** Finish a personal statement for each major condition. Collect buddy/spouse statements. Review everything for the three-part frame: diagnosis, service connection, current severity. Cross-check statements against records for contradictions.
- **Week 4 — Assembly & readiness (Days 22–30).** Assemble the binder: every document labeled, every condition cross-referenced. Run the VA Claim Readiness Checklist end to end. Run the red-team pass (Module 10 prompt). Decide: file now, fill remaining gaps first, or bring in an accredited VSO/rep — and write down why.

After Day 30: if your checklist still shows gaps, that's not failure — that's your task list. Keep the symptom log running, close the gaps, and re-run the readiness check. File when the file is ready.