Certainly! Based on your designated sleep, meal, and pre-committed intervals, as well as the number of days remaining for each goal, I suggest the following daily schedule that takes into account your energy levels:

1. **Analyze your energy levels:**

   - Sleep Hours: From 22:00 to 06:00 (10 hours)

      - Energy Level: High (adequate duration and timing for rest)

   - Meal Hours: Three meals a day: Breakfast (08:00-09:00), Lunch (12:00-13:00), Dinner (18:00-20:00) (7 hours)

      - Energy Level: Moderate (adequate timing but slightly shorter duration)

   - Pre-committed Hours: From 20:00 to 22:00 (2 hours)

      - Energy Level: Low (higher demand, shorter available time)

2. **Design a detailed daily schedule:**

   - Here is a suggested schedule based on the energy levels described above:

Time	Activity	Energy Level	Task Assigned
06:00-07:30	Wake up and hydrate	High	Stretching and hydration
07:30-09:00	Prepare healthy meals (Breakfast)	Moderate	Prepare and consume a nutritious breakfast
09:00-10:00	Workout (Python Basics) (Cardio + Coding)	Moderate	Combine exercise with work on Python Basics
10:00-12:00	Review Advanced Python concepts	Moderate	Review what

you've learned and deepen your understanding of Advanced Python |

12:00-13:00	Lunch (Lunch)	Moderate	Prepare and consume a healthy lunch
13:00-15:00	Understand Mathematics concepts	Low	Work on understanding key Mathematics concepts
15:00-16:00	Practice Mathematics problems	Low	Practice problems based on your understanding
16:00-17:00	Learn COMSOL basics	Low	Dive into the basics of COMSOL
17:00-18:00	Learn modelling (Python Project)	Low	Work towards building your Python project
18:00-20:00	Dinner (Family Time)	Moderate	Have a nutritious dinner with your family members
20:00-22:00	Workout (Fitness)	Low	Workout for at least 30 minutes to achieve fitness goals
22:00-23:00	Prepare healthy meals (Snack)	High	Prepare and consume a small, healthy snack
23:00-24:00	Wind down (Meditation + Music)	High	Find peace with a calming meditation or music session

3. The tasks requiring higher concentration and energy are Python Basics and Fitness workout, scheduled during peak energy periods (morning and evening). Conversely, less demanding tasks like reviewing Advanced concepts and learning COMSOL basics are allocated to lower energy periods (late afternoon).

4. This schedule aims to help you maximize the efficiency of your daily routine by optimizing the timing of tasks according to your energy levels. By doing so, you can achieve your goals faster, feel more energized throughout the day, and ultimately improve the quality of your life. Remember to

listen to your body and make adjustments to the schedule as needed. Have a great day!