You have ambitious goals, and with the right structure, you can make them work even with your tight schedule. Here’s a well-balanced plan based on your working hours, commute, and free time.

**100-Day Plan (Starting Monday + 2 Rehearsal Days)**

**🏋️‍♂️ Phase 1: Fat Loss (Jogging 3 km Daily)**

* Start with **at least 3 km jogging** daily.
* Follow for **4-6 weeks**, then transition to strength training.
* Gradually increase intensity (running or HIIT after a few weeks).

**💻 Phase 2: UI & API Automation with Cypress**

* Focus on **1-1.5 hours daily** (More on weekends).
* Follow structured courses, projects, and hands-on practice.

**📖 Reading Habit (Optional)**

* If possible, **15-20 minutes before sleep** to keep consistency.

**🎯 Interview Preparation (Mock on March 14th)**

* **Daily:** 45 min – 1 hour for interview-related topics.
* **Weekends:** Mock tests, problem-solving, and interview simulations.

**📅 Daily Routine (Monday - Friday)**

**🌅 Early Morning (Pre-Work)**

✅ **5:30 AM - Wake Up** (Push yourself)  
✅ **5:45 - 6:30 AM - Jogging (3 km)**  
✅ **6:30 - 7:15 AM - Freshen up + Breakfast**  
✅ **7:15 - 8:30 AM - Cypress Learning**  
✅ **8:30 AM - Leave for office** (If WFO, 2 hours commute)

**👨‍💻 Working Hours (11 AM - 9 PM)**

* If WFO: Travel + Office (9 AM - 7 PM)
* If Remote: Save 2 hours, utilize extra time for study.

**🌙 Night Routine (Post-Work)**

✅ **9:00 - 9:30 PM - Dinner & Relax**  
✅ **9:30 - 10:30 PM - Interview Preparation**  
✅ **10:30 - 10:50 PM - Reading (Optional)**  
✅ **11:00 PM - Sleep (Strict)**

**📅 Weekend Plan (Saturday & Sunday)**

* **Morning:** Jogging + Extended Cypress Learning
* **Afternoon:** Mock Interview Prep + Hands-on Project
* **Evening:** Review the week's learning, plan for next week

**🔥 Key Strategies for Success**

✅ **Prepare Everything at Night** (Clothes, meals, workout shoes).  
✅ **Track Progress** (Use a Notion board or journal).  
✅ **Take Sundays as a light day** (Relax & review).  
✅ **Sleep Discipline** (At least 6-7 hours).  
✅ **Break Tasks into Small Parts** (Daily goals).

**⏳ Adjustments Over Time**

* **After 4-6 weeks:** Shift from jogging to strength workouts.
* **March:** Increase mock interview focus closer to the date.
* **After Cypress Basics:** Move towards real-world automation projects.

This plan **balances your job, commute, fitness, and learning** while being sustainable. Start with your **two rehearsal days** to test it out and refine as needed. 🔥🚀

How does this feel? Need any tweaks? 😊