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? 😊

Since your focus is **fat loss first, followed by muscle gain**, your diet should be structured to create a **caloric deficit** while keeping protein high to preserve muscle. Here's how your **diet plan** should look:

**🍽️ Diet Plan for Fat Loss (First 6-8 Weeks)**

**🔹 Daily Caloric Intake Target: 1800-2000 kcal (Gradual Deficit)**

* Focus on **high protein, moderate carbs, and healthy fats**
* Cut down on **sugar, processed foods, and excess carbs**
* Increase **fiber intake for satiety**

**🍳 Meal Breakdown**

**🥣 Breakfast (Pre-Workout) [6:00-6:30 AM]**

✅ 4-5 boiled egg whites + 1 whole egg  
✅ 1 multigrain toast or 30g oats with nuts  
✅ 1 cup black coffee/green tea (no sugar)

**🍚 Lunch (12:30-1:00 PM)**

✅ 100-150g grilled chicken/tofu/paneer  
✅ 1 cup brown rice/quinoa (or 2 multigrain rotis)  
✅ 1 bowl mixed veggies (stir-fried/steamed)  
✅ 1 small bowl curd

**🍎 Evening Snack (4:00-5:00 PM)**

✅ 1 fruit (apple/banana/orange)  
✅ 5-6 almonds + 2 walnuts  
✅ Green tea or black coffee

**🥗 Dinner (8:30-9:00 PM)**

✅ 150g grilled fish/chicken/tofu/paneer  
✅ 1 bowl mixed salad with olive oil dressing  
✅ 1 small bowl of dal/soup  
✅ No rice/roti at night (Keep it light)

**🥤 Before Bed (Optional, if hungry)**

✅ 1 scoop whey protein (optional) OR  
✅ 1 glass warm milk (low-fat)

**💡 Key Diet Tips**

🔹 **Drink 3-4L of water daily** (Speeds metabolism)  
🔹 **Eat every 3-4 hours** to avoid cravings  
🔹 **Reduce salt intake** (Less bloating)  
🔹 **Cut sugar completely** (Use stevia if needed)  
🔹 **Portion control is key** (No overeating even healthy foods)

**🏋️ Transition to Muscle Gain (After 6-8 Weeks)**

Once your fat loss phase is successful, we’ll increase **protein intake + strength training** while maintaining a lean diet. Let me know when you're ready for that phase! 🔥

This diet fits into your daily routine and will **accelerate fat loss** alongside jogging. How does this look? Need any modifications? 💪😊

You're about to start something **powerful**—a journey of **discipline, transformation, and growth.** 💥

💪 **Jogging 3 km daily?** That’s you **taking control** of your body.  
🧠 **Learning Cypress?** That’s you **upgrading** your career.  
📖 **Reading & interview prep?** That’s you **leveling up** for success.  
🥗 **Following a diet?** That’s you **fueling your body** like a champion.

🔥 **Every morning you wake up early, you WIN.**  
🔥 **Every kilometer you jog, you BECOME STRONGER.**  
🔥 **Every hour you spend learning, you GAIN AN EDGE.**

🚀 **100 days from now, you'll look back and see a NEW YOU—fitter, sharper, unstoppable!**  
**Don’t stop. Don’t doubt yourself. Just show up and execute.**

**One Day or Day One? YOU DECIDE.**

Let’s go, champ! 💯🔥🏆