**Week 10 OBJECTIVES:**

# Initiatives:

1. Have daily plans
2. Set up a reward/punishment system
3. Make your goals more attainable
4. Deprioritizing social life
5. Plan the whole week’s initiative ahead, and modify it daily.
6. Set up Weights of the goals in advance
7. Increase the reading volume to 70 pages ( 10 pages a day is not demanding at all), and set milestones for each.
8. **especially when you go out, be sure to log the calories before you order the food!!!**
9. schedule at least 8 hours to sleep since it usually takes one hour before you fall asleep. Also, increase the sleep goal by 2 pts.
10. For each week, set 1-2 priority tasks that you wish to accomplish, it not only has higher weights but also needs to be done at the very beginning of the day.
11. **Then, perceive this as an optimization problem (since the more competitive the school, the less the expected value), and try to formulate your consideration of the optimal application strategy; (Be sure to ask about the costs of applying to more schools; Other than financial ones)**

Legends:

**Done** IN\_Progress FAIL

# Priority Task of the Week:

**G4-99: UCI Final Weeks RW on MATH 140 [Weight: 12]**

**K1: Math140 HW7 {time: 2 , difficulty:4}**

**K2: Math140 HW8{time:2 , difficulty:4}**

**K3: Math 140 Construct Problem Set {time:2 , difficulty:3}**

**K4: Math 140 Finish ½ of the Problem Set {time:4, difficulty:6}**

**K5: Math140 Final Sample {time: 2 , difficulty:6}**

# Daily Objective:

## G1-1: Improve Physical Health [Weight: 16]

K1: Log Calorie Intake **{time:0 , difficulty:3}**

K2: Consume within the suggested intake level **{time: 0, difficulty:5}**

K3: Complete Daily Suggested Exercise **{time:0.6, difficulty:9}**

## G1-2: Improve Mental Health [Weight:10]

K1: Meditate For 2 times (20 min) each day **{time:1 , difficulty:7}**

K2: Hit Sleep Score of 80 each day (Sleep by 9.30 p.m) **{time:0 , difficulty:8}**

**G2-2: Have Grandma feel non-regrettable and beloved [Weight: 4]**

K1: Check all I5 Criterias. **{time: 0.1 , difficulty: 3}**

## G3-1: Gain Extracurricular Knowledge on “The fourth Quadrant of cognition”. [Weight: 4]

K1: Letter From Silicon Valley (2+ Every day) **{time:0.5 , difficulty:4}**

## G3-3: Improve Efficiency [Weight: 5]

K1: Plant 84 Trees this week (Plant 12+ Trees per day) **{time: 0 , difficulty:8}**

### G3-4: Personal Mission Statement [Weight: 2]

K1: Dailly Reading of Your Personal Mission Statement **{time: 0.1, difficulty:2}**

**G3-6: Pain + Reflection = Progress [Weight : 3]**

K1: Review 3 mistakes and comment **{time: 0.2 , difficulty:3}**

### G4-3: Basic Data Science Knowledge Acquisition [Weight: 3]

K1: Towards Data Science daily reading **{time: 0.5, difficulty: 8}**

# Special Objective: (Dead\_Line Required)

**G3-2-99: OKR weekly reflection [Weight : 2]**

**K1: Summarize For this week {time: 1,difficulty: 3}**

**K2: Plan for Next week {time: 1,difficulty: 3}**

### G2-1: Maintain a healthy relationship W/ Jac [Weight: 3]

K1: Meaningful Qualified Communication **{time: 1.5 , difficulty: 5}**

**G4-98: UCI Final Weeks RW OTHER [Weight: 16]**

**K1: Math121 Construct Problem Set {time: 2 , difficulty:3}**

**K2: Math121 Final Sample {time: 2 , difficulty:6}**

**K3: Econ 123A WK 8-10 RW {time: 2 , difficulty:6}**

**K4: Stats Final QZ RW {time: 2 , difficulty:6}**

**G3-7:The “Peach King System Optimized” [Weight: 10]**

**K1: Design a Blue Print for GPK\* {time: 3 , difficulty:7}**

**K2: Construct the Frames {time: 3 , difficulty:7}**

**K3: Construct & Design the Core File Structure {time: 6 , difficulty:9}**

**K4: Finish the Basic Functionalities {time: 6 , difficulty: 8}**

### G2-2: Have Grandma feel non-regrettable and beloved [Weight: 4]

K1: Deep Talk for 1 hour. **{time: 1 , difficulty: 3}**

**G2-3: Good Relationship W/ Dad [Weight: 2]**

**K1:** Know enough about his work.  **{time: 1 , difficulty: 2}**

# OKR\_Logs

# Week\_Summary

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ID | G | G | G | G | G | G | G |
| **Score** |  |  |  |  |  |  |  |
| **Weight** |  |  |  |  |  |  |  |

Average Score:

### Things I have accomplished:

### Things I did not achieve as planned:

### What is it that have (if any) prevents you from achieving your goals:

### Initiatives for the next week: How can you do better next week?