**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:

**G3-6: OKR V2.0 [Weight: 12]**

K1: Break up OKR\_v1 into small classes **{time:6 , difficulty:6}**

K2: Learn about PYQT5 from codemy **{time:3 , difficulty:4}**

# Daily Objective:

## G1-1: Anti-Purine Diet [Weight: 12]

K1: Take at least 2L of water every day **{time:0 , difficulty:3}**

K2: Have P-level below 530 by the end of the week **{time: 0, difficulty:5}**

## G1-2: Have an amazing shape [Weight:10 ]

K1: Walk at least 10000 steps every day **{time:1 , difficulty:5}**

K2: Complete Keep suggested work out at least 3 out of 7 days **{time:1 , difficulty:4}**

## G1-3: 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: 6]**

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

## G3-2: Gain Extracurricular Knowledge on “The fourth Quadrant of cognition”. [Weight: 10]

K1: Letter From Silicon Valley (1+ Every day) **{time:0.2 , difficulty:2}**

K2: WeRead for at least 30 mins. **{time: 0.5 , difficulty: 3}**

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

K1: Plant 50 Trees this week (Plant 8+ Trees per day) **{time: 0 , difficulty:8}**

**G3-4: Pain + Reflection = Progress [Weight : 3]**

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

# Special Objective: (Dead\_Line Required)

**G3-6-99: OKR weekly reflection [Weight : 2]**

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

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

**G4-1: Uchicago Ready [Weight : 2]**

K1: Create CNetID **{time: 0.1,difficulty: 1}**

K2: Set Official Email **{time: 1,difficulty: 3}**

K3: Register Student ID Card **{time: 1,difficulty: 3}**

**G4-2: Landing your first job [Weight: 6]**

K1: Update the Resume **{time: 2,difficulty: 4}**

K2: Build Profile on Major Platforms **{time: 2,difficulty: 3}**

K3: Send 50 companies your resume **{time: 3,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?