1. Open the Task Scheduler by searching for it in the Start menu or by going to Control Panel > Administrative Tools > Task Scheduler.
2. Click on the "Create Basic Task" option from the "Actions" pane on the right side of the window.
3. In the "Create Basic Task Wizard", provide a name for the task, and a description (optional) and click Next.
4. Select the frequency of the task, in this case, you can select "Weekly" and click Next.
5. In the "Weekly" screen, Select the days of the week you want the task to run (Monday, Wednesday, Friday and Saturday) and click Next.
6. In the "Start a program" screen, click the "Start a program" radio button and click Next.
7. In the "Program/script" field, enter the full path of your Python executable, which is usually "C:\PythonXX\python.exe" (XX is the version of python installed on your system)
8. In the "Add arguments" field, enter the full path of your Python script, for example: "C:\path\to\your\script.py"
9. You can leave the "Start in" field blank, and click Finish.
10. Now you will be back to the task scheduler window. You can see the task created in the task list, you can check the properties of the task to make sure the task is set up correctly and also you can run the task to check if it's working fine.

from git import Repo

# specify the local file folder and the GitHub repository URL

local\_folder = '/path/to/local/folder'

git\_repo = 'https://github.com/username/repository.git'

# initialize git repository in the local folder

repo = Repo(local\_folder)

# add all modified and deleted files in the local folder to the git repository

repo.git.add(u=True)

# create a new commit with a message

repo.index.commit("Sync files")

# add the remote GitHub repository as the origin

origin = repo.create\_remote('origin', git\_repo)

# push the local repository to the remote GitHub repository

origin.push()