

### ### 1. \*\*Weekend Getaway Plan\*\*

- \*\*Destination:\*\* Lake Tahoe
- \*\*Day 1:\*\*
  - 8:00 AM: Depart from home
  - 11:00 AM: Arrive, check into hotel
  - 12:00 PM: Lunch at a lakeside restaurant
  - 2:00 PM: Kayaking on the lake
  - 6:00 PM: Dinner at a local brewery
  - 8:00 PM: Evening walk along the shore
- \*\*Day 2:\*\*
  - 7:00 AM: Breakfast at the hotel
  - 9:00 AM: Hiking on the Emerald Bay Trail
  - 1:00 PM: Picnic lunch at the park
  - 3:00 PM: Visit the Tahoe Maritime Museum
  - 5:00 PM: Return to hotel, relax
  - 7:00 PM: Dinner in town
  - 9:00 PM: Stargazing at a nearby viewpoint

### ### 2. \*\*Weekly Meal Prep Plan\*\*

- \*\*Proteins:\*\*
  - Roast chicken (for salads and wraps)
  - Quinoa (for grain bowls)
  - Hard-boiled eggs (for snacks and breakfasts)
- \*\*Vegetables:\*\*
  - Roasted sweet potatoes (for sides)
  - Steamed broccoli (for bowls and sides)
  - Mixed greens (for salads)
- \*\*Snacks:\*\*
  - Hummus with carrot sticks
  - Greek yogurt with berries
  - Trail mix
- \*\*Schedule:\*\*
  - \*\*Sunday 3 PM:\*\* Grocery shopping
  - \*\*Sunday 5 PM:\*\* Meal prep (cook proteins, chop veggies)
  - \*\*Sunday 7 PM:\*\* Pack meals into containers for the week

### ### 3. \*\*Study Schedule for Exams\*\*

- \*\*Week 1:\*\*
  - \*\*Monday:\*\* Math (2 hours), Chemistry (1 hour)

- **Tuesday:** English literature (2 hours), History (1 hour)
  - **Wednesday:** Physics (2 hours), Review Math (1 hour)
  - **Thursday:** Chemistry (2 hours), English literature (1 hour)
  - **Friday:** History (2 hours), Review Physics (1 hour)
  - **Saturday:** Full practice exam (3 hours)
  - **Sunday:** Rest and review notes
- **Week 2:**
    - **Monday:** Focus on weak subjects (3 hours)
    - **Tuesday:** Group study session (2 hours)
    - **Wednesday:** Final review of all subjects (3 hours)
    - **Thursday:** Light review, relaxation (1 hour)
    - **Friday:** Exam day prep (early sleep)

#### ### 4. **Fitness Plan**

- **Goal:** Build strength and endurance
- **Weekly Schedule:**
  - **Monday:** Full-body strength training (1 hour)
  - **Tuesday:** Cardio (running or cycling for 30 minutes)
  - **Wednesday:** Yoga (1 hour)
  - **Thursday:** Upper body strength training (1 hour)
  - **Friday:** Cardio (HIIT workout for 30 minutes)
  - **Saturday:** Lower body strength training (1 hour)
  - **Sunday:** Rest or light activity (walking, stretching)

#### ### 5. **Event Planning (Birthday Party)**

- **Theme:** Tropical Luau
- **Date:** Saturday, July 15
- **Guest List:** 20 people
- **To-Do List:**
  - **4 weeks before:** Send out invitations
  - **2 weeks before:** Finalize menu (tropical drinks, BBQ)
  - **1 week before:** Buy decorations (tiki torches, leis)
  - **Day before:** Set up the space, prep food
  - **Day of:** Host the party, games, and activities (limbo, hula hoop contest)