**1 · Essential Terms (read once)**

| **Term** | **Plain meaning** | **“How‑to” link** |
| --- | --- | --- |
| Repository | Cloud folder on GitHub for your code | [GitHub Docs](https://docs.github.com/en/repositories/creating-and-managing-repositories/quickstart-for-repositories?utm_source=chatgpt.com) |
| Commit | Snapshot of files | [GitHub Docs](https://docs.github.com/get-started/quickstart/hello-world?utm_source=chatgpt.com) |
| Branch | Parallel line of work | [GitHub Docs](https://docs.github.com/get-started/quickstart/hello-world?utm_source=chatgpt.com) |
| Pull Request (PR) | Merge request + code review | [GitHub Docs](https://docs.github.com/get-started/quickstart/hello-world?utm_source=chatgpt.com) |
| Issue / Epic / Story / Task | Work items in descending size | [אטלסיאן](https://www.atlassian.com/agile/project-management/epics-stories-themes?utm_source=chatgpt.com)[אטלסיאן](https://www.atlassian.com/agile/project-management/user-stories?utm_source=chatgpt.com) |
| Acceptance Criteria | Clear “Done” conditions | [אטלסיאן](https://www.atlassian.com/work-management/project-management/acceptance-criteria?utm_source=chatgpt.com) |
| Story Points | 1‑to‑8 effort number | [אטלסיאן](https://www.atlassian.com/agile/project-management/epics?utm_source=chatgpt.com) |
| Conventional Commits | Standard commit message format | [conventionalcommits.org](https://www.conventionalcommits.org/en/v1.0.0/?utm_source=chatgpt.com) |
| Time Blocking | Scheduling fixed calendar blocks | [Asana](https://asana.com/resources/what-is-time-blocking?utm_source=chatgpt.com) |
| Pomodoro | 25 min focus + 5 min break cycles | [Medium](https://medium.com/%40mr_mig_by/pomodoro-for-programmers-d6568dd1e6fc?utm_source=chatgpt.com) |

**2 · Toolchain Install ( Day 0, 17:00‑18:30 )**

| **Action** | **Command / URL** | **Guide** |
| --- | --- | --- |
| Install **Git** | Windows installer / macOS dmg | [git-scm.com](https://git-scm.com/downloads/win?utm_source=chatgpt.com) |
| Install **Node LTS** (includes npm) | Download LTS build | [Node.js — Run JavaScript Everywhere](https://nodejs.org/en/about/previous-releases?utm_source=chatgpt.com) |
| Install **VS Code** + ESLint / Prettier extensions | — | (VS Code site) |

**3 · Evening Routine Template**

| **Time** | **Block** | **Guide** |
| --- | --- | --- |
| 17 : 00 – 17 : 05 | Solo stand‑up (move Story on board) | GitHub Projects quick‑start [GitHub Docs](https://docs.github.com/en/issues/planning-and-tracking-with-projects/learning-about-projects/quickstart-for-projects?utm_source=chatgpt.com) |
| 17 : 05 – 18 : 35 | **Deep‑Work #1** (3 Pomodoros) | Pomodoro for devs [יוטיוב](https://www.youtube.com/watch?v=xWCDzgOWJno&utm_source=chatgpt.com) |
| 18 : 35 – 19 : 00 | Break | — |
| 19 : 00 – 19 : 30 | Learn tonight’s guide | (see phase table) |
| 19 : 30 – 21 : 00 | **Deep‑Work #2** | — |
| 21 : 00 – 21 : 30 | PR + Docs | Conventional Commits [conventionalcommits.org](https://www.conventionalcommits.org/en/v1.0.0/?utm_source=chatgpt.com) |

**4 · Phase‑by‑Phase Road‑map**

| **#** | **Evenings** | **Deliverable** | **Learning link** |
| --- | --- | --- | --- |
| **0** | 1 | Tools installed (Git + Node + VS Code) | Git [git-scm.com](https://git-scm.com/downloads/win?utm_source=chatgpt.com) · Node [Node.js — Run JavaScript Everywhere](https://nodejs.org/en/about/previous-releases?utm_source=chatgpt.com) |
| **1** | 1 | GitHub repo **task‑manager‑fullstack** and Kanban board | Projects quick‑start [GitHub Docs](https://docs.github.com/en/issues/planning-and-tracking-with-projects/learning-about-projects/quickstart-for-projects?utm_source=chatgpt.com) |
| **2** | ½ | First **Epic** + two User Stories, each with Acceptance Criteria | Epic/Story breakdown [אטלסיאן](https://www.atlassian.com/agile/project-management/epics-stories-themes?utm_source=chatgpt.com) |
| **3** | 2 | React skeleton running locally | Create‑a‑React‑App (or Vite) [React](https://react.dev/learn/creating-a-react-app?utm_source=chatgpt.com) |
| **4** | 2 | Express API skeleton (/api/health) | Express “Hello World” [expressjs.com](https://expressjs.com/en/starter/hello-world.html?utm_source=chatgpt.com) |
| **5** | 1 | React ↔ Express connected via proxy | (see Express doc above) |
| **6** | 1 | Dockerfile ×2 + docker‑compose.yml + Postgres service | Compose quick‑start [Docker Documentation](https://docs.docker.com/compose/gettingstarted/?utm_source=chatgpt.com) |
| **7** | 2 | GitHub Actions pipeline (test + build) | Actions quick‑start [GitHub Docs](https://docs.github.com/en/actions/writing-workflows/quickstart?utm_source=chatgpt.com) |
| **8** | 2 | Postgres users table & migration | PostgreSQL tutorial [postgresqltutorial.com](https://www.postgresqltutorial.com/?utm_source=chatgpt.com) |
| **9** | 6 | JWT auth + full CRUD for tasks | (use Express guide + JWT docs) |
| **10** | 2 | Cloud deploy on Railway | Railway quick‑start [docs.railway.app](https://docs.railway.app/quick-start?utm_source=chatgpt.com) |
| **11** | 1 | Grafana Cloud + Loki logs | (Grafana docs) |
| **12** | 1 | MkDocs site on GitHub Pages | MkDocs getting‑started [mkdocs.org](https://www.mkdocs.org/getting-started/?utm_source=chatgpt.com) |

*Total ≈ 6 weeks of evenings (30 work evenings).*

**5 · Board Workflow (visual)**

1. **Backlog** – every new Story goes here.
2. **In Progress** – drag one Story when you start work.
3. **Code Review** – open a PR; CI must pass.
4. **Done** – merge PR, close Issue, Story Points burn down.

*(Kanban board auto‑generates burn‑down charts.)*

**6 · Exact First Evening (today 17 : 00)**

1. Install Git [git-scm.com](https://git-scm.com/downloads/win?utm_source=chatgpt.com) and Node LTS [Node.js — Run JavaScript Everywhere](https://nodejs.org/en/about/previous-releases?utm_source=chatgpt.com).
2. Create the repo & push an empty README.md [GitHub Docs](https://docs.github.com/en/repositories/creating-and-managing-repositories/quickstart-for-repositories?utm_source=chatgpt.com).
3. Open **GitHub Projects** → add board columns [GitHub Docs](https://docs.github.com/en/issues/planning-and-tracking-with-projects/learning-about-projects/quickstart-for-projects?utm_source=chatgpt.com).
4. Add the Epic + two Stories with Acceptance Criteria [אטלסיאן](https://www.atlassian.com/agile/project-management/epics-stories-themes?utm_source=chatgpt.com).
5. Block your calendar using the Time‑Blocking guide [Resource Guru](https://resourceguruapp.com/blog/time-management/time-blocking?utm_source=chatgpt.com).

Do **not** touch React or code until those five steps are 100 % done.

**You now have:**

* One message that maps the entire journey.
* A glossary so every acronym makes sense.
* A nightly routine, calendar advice, and tutorial links for each phase.

Start with *“Exact First Evening”* and work downward—no confusion, no missing links. Good luck!