

Example Input

Day: Monday

Fixed commitments:

- Classes 9:15–4:15
- Orientation 4:30–5:30

To-do list:

- Complete assignment
- Go to gym
- Practice dancing

Day mood: Energetic

Output:

STEP 1: Priority Reflection

Let's ground the day before scheduling.

- **█ Must-do (non-negotiable):**
Complete assignment — this is the anchor. Day success depends on this.
- **█ High-value but optional:**
 - Work on personal project (progress-based, no pressure to finish)
- **█ Flexible / fitness / creative:**
 - Go to the gym
 - Practice dancing

Your mood is **energetic**, which is great — but you also have a **long class block**, so we'll spend that energy intentionally, not everywhere.

Priorities are clear, so I'll move to the schedule.

STEP 2: Scheduling Logic (Reality Check)

- You're in class most of the day → mental fatigue will kick in post 4:15
 - Assignment should **not** be pushed too late
 - Gym/dance stay optional and swappable
 - We'll protect one solid academic win and keep the rest light
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STEP 3: Schedule Table

| Time | Focus | Priority |
|--------|--|----------|
| 7–8 | Morning routine + light prep | ● |
| 8–9 | Breakfast + commute / settle in | ● |
| 9–10 | Class | ● |
| 10–11 | Class | ● |
| 11–12 | Class | ● |
| 12–1 | Lunch | ● |
| 1–2 | Class | ● |
| 2–3 | Class | ● |
| 3–4 | Class | ● |
| 4–4:30 | Decompress break (no phone spiral) | ● |
| 4:30–5 | Orientation Program | ● |
| 5–5:30 | Orientation Program | ● |
| 6–7 | ☆ Complete assignment | ● ☆ |
| 7–8 | Dinner | ● |
| 8–9 | Gym or dance (pick one) | ● |
| 9–10 | Personal project (light progress only) | ● |
| 10–11 | Wind down | ● |

STEP 4: ☆ Win Hour

☆ 6–7 PM — Complete assignment

If this hour is done properly, **the day counts as a success**, no matter what else slips.

STEP 5: Closing Guidance

This is a **very doable day**.

Finish the assignment → everything else is bonus.

If energy dips:

- Drop either gym **or** dance
- Or skip the personal project entirely

No guilt.

One clear win beats five half-done things.

You've got this — steady, not rushed.