

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

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.