

Productivity Plan: Phase 1 & Phase 2

Phase 1: Days 1–7 Timetable

Time	Task
7:30–8:15	Wake, hydrate, light stretch
8:15–9:00	Breakfast + prepare workspace
9:00–10:30	Project Deep Work Block 1
10:30–10:45	Break (No Phone)
10:45–12:00	Project Deep Work Block 2
12:00–1:00	Lunch + Rest
1:00–1:45	Fundamentals (JS/TS/DB)
2:00–3:00	Communication Session
3:00–4:30	Light Project Tasks (APIs/UI/Fixes)
4:30–7:00	Gym + Travel + Shower
7:00–8:00	Dinner + Relax
8:00–10:00	Project Block 3 OR Learning
10:00–10:30	Plan next day
10:30–11:15	Wind down
11:15	Sleep

Phase 2: Days 8–15 Timetable

Time	Task
7:00–7:45	Wake + Morning routine
7:45–8:15	Breakfast
8:15–10:15	Deep Work Project Block 1
10:15–10:30	Break
10:30–12:00	Deep Work Project Block 2
12:00–1:00	Lunch
1:00–2:00	Fundamentals
2:00–3:00	Communication Session
3:00–4:00	Skill Upgrade (Microservices/Architecture)
4:00–7:00	Gym + Travel + Shower
7:00–8:00	Dinner
8:00–10:30	Project Work Block 3
10:30–11:00	Plan + Wind Down

11:00	Sleep
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