

■ Morning:

- Workout for 2 hours (high priority)
- Job preparation (medium priority)

■ Afternoon:

- Cook chicken (medium priority)

■ Evening:

- Review job preparation materials or practice interview questions (if needed)

■ Tips:

1. Start your morning with the workout to energize yourself for the day.
2. Use a timer for focused blocks during job preparation to maintain productivity.
3. Meal prep while the chicken is cooking—this can save time for other tasks later!