

6:00 am - 7:00 am: Wake up, freshen up, and have a light morning exercise/stretching session to get energized for the day ahead.

7:00 am - 7:30 am: Breakfast

7:30 am - 9:30 am: Study Session 1 (Physics)

9:30 am - 10:00 am: Short break

10:00 am - 11:00 am: Study Session 2 (Maths)

11:00 am - 11:15 am: Short break

11:15 am - 12:15 pm: Study Session 3 (Chemistry)

12:15 pm - 1:15 pm: Lunch

1:15 pm - 2:15 pm: Study Session 4 (Computer Science)

2:15 pm - 2:30 pm: Short break

2:30 pm - 3:30 pm: Study Session 5 (English)

3:30 pm - 3:45 pm: Snack Break

3:45 pm - 4:00 pm: Relaxation/Stretching

4:00 pm - 7:30 pm: Tuition class (Focus on clarification of doubts and additional learning)

7:30 pm - 8:30 pm: Dinner

8:30 pm - 9:30 pm: Revision (Go over the key points studied during the day)

9:30 pm - 10:00 pm: Relaxation/Leisure time

10:00 pm: Prepare for bed and ensure to get a good night's sleep for at least 7-8 hours.

Repeat It Daily

Grish Khadka