

Activity 4: My 7-day Self and Health Program (IST)

Time (IST)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 07:00	Yoga + Meditation	Morning Walk	Yoga + Meditation	Morning Walk	Yoga + Meditation	Gym / Exercise	Rest & Stretch
07:00 – 08:30	Coding: DSA	Coding: Logic	Coding: DSA	Coding: Logic	Coding: DSA	Extra Sleep	Side Project
08:30 – 09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00 – 16:00	College: Maths / AI	College: Mobile App	College: Agile / AI	College: Maths / App	College: Agile Dev	Deep Project Work	Relaxation (Music)
16:30 – 18:30	Internship Work	Internship Work	Internship Work	Internship Work	Internship Work	Internship Repo	Family Time
18:30 – 19:30	Business Ops	Business Ops	Business Ops	Business Ops	Business Ops	Biz Strategy	Biz Audit
20:00 – 21:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
21:00 – 22:00	Digital Limit	Digital Limit	Digital Limit	Digital Limit	Digital Limit	Relaxation	Plan Week
22:00 – 06:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep

Weekly Goals & Habits:

- **Positive Habit:** Nightly Review and Planning session on Sundays at 21:00.
- **Digital Usage:** Strict limit from 21:00 daily to ensure 8 hours of sleep hygiene.
- **Relaxation:** Meditation, Yoga, Prayer & Music