

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

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