My typical day,  
In morning before classes and breakfast i have drink water and stretch(activity) my body to wake up. When on clock 11-12 AM i make some workout(activity) and go to the breakfast, also my regular activity it’s eat not junk food. On middle of day when i have free time, i can play for a while, watch some videos, make some housework like sweep the floor(activity), take a break from computer(activity) and just focus on my thoughts(activity). To time of lunch the cycle repeats like workout before lunch, healthy eating and etc.

Five years ago,

i had regular study in different disciplines, regular had read books also played football/basketball with classmates in the courtyard. Regular rode on the bike. Regular studied and practiced useful skills, what helps to me up to this day.