

Daily Time Table

Daily Routine Plan

Your Daily Time Table

7:30 - 8:00 AM -> Wake up, freshen up
8:00 - 9:00 AM -> Light exercise + Breakfast
9:00 - 11:00 AM -> Govt job reading (2h session)
11:00 - 11:15 AM -> Tea/snack break
11:15 - 1:15 PM -> Skill practice (2h session)
1:15 - 1:45 PM -> Lunch + short rest
2:00 - 7:00 PM -> Coaching class (fixed time)
7:00 - 7:30 PM -> Relax/snack break
7:30 - 9:30 PM -> Govt job reading (2h session)
9:30 - 9:45 PM -> Light walk/dinner break
9:45 - 10:45 PM -> Skill practice (2h session)
10:45 - 11:00 PM -> Wind down, prep for bed
11:00 PM -> Sleep

Total Daily Time Breakdown:

- Coaching: 5 hours (2 PM to 7 PM)
- Skill Practice: 4 hours (2h morning + 2h night)
- Govt Study: 4 hours (2h morning + 2h evening)

Tips:

- Use alarms or Google Calendar reminders.
- Start with Pomodoro: 50 mins study -> 10 mins break.
- Choose alternate days for skill topics.
- Keep Sunday light: revision + planning next week.