

Sunday

- 6:00 AM Wake up, drink water
- 6:15 AM Cold shower & grooming
- 6:30 AM Workout (pushups, squats, cobra stretch, hanging)
- 7:30 AM Breakfast
- 8:00 AM 11:00 AM Study (deep focus)
- 11:00 AM Face massage
- 12:00 PM Bath
- 12:30 PM Lunch
- 1:00 PM 3:00 PM Light reading or skill learning
- 3:00 PM 3:30 PM Prep for tuition
- 4:00 PM 6:00 PM Geography tuition
- 6:30 PM Dinner
- 7:00 PM 8:00 PM Reflect/journal, light grooming
- 9:00 PM Meditation
- 9:30 PM Sleep

Monday

- 6:00 AM Wake up
- 6:15 AM Cold shower
- 6:30 AM Workout
- 7:30 AM Breakfast
- 8:00 AM 11:00 AM Study
- 11:00 AM Face massage
- 12:00 PM Bath
- 12:30 PM Lunch
- 1:00 PM 2:00 PM Short revision
- 2:15 PM Leave for English tuition
- 4:45 PM Return and rest
- 5:15 PM 6:30 PM Basketball
- 6:30 PM Dinner
- 8:00 PM 9:00 PM Journal + prep for bed
- 9:00 PM Meditation
- 9:30 PM Sleep

Tuesday

- 5:30 AM Wake up, drink water
- 5:45 AM Cold shower & grooming
- 5:45 AM 6:15 AM Light breakfast
- 6:30 AM Ready for tuition
- 7:00 AM 9:00 AM Bengali tuition
- 9:15 AM 10:00 AM Workout
- 10:00 AM 11:30 AM Optional light study or rest
- 11:30 AM Face massage
- 12:00 PM Bath & lunch
- 1:00 PM 1:45 PM Nap or light reading
- 2:00 PM 3:30 PM Computer class
- 3:30 PM 4:30 PM Basketball or rest
- 5:30 PM 7:30 PM Geography tuition
- 8:00 PM Dinner
- 9:00 PM Meditation + grooming
- 9:30 PM Sleep

Wednesday

- 6:00 AM Wake up
- 6:15 AM Cold shower
- 6:30 AM Workout
- 7:30 AM Breakfast
- 8:00 AM 11:00 AM Study
- 11:00 AM Face massage
- 12:00 PM Bath
- 12:30 PM Lunch
- 1:00 PM 2:00 PM Power nap
- 3:00 PM Basketball
- 6:30 PM Dinner
- 8:00 PM Review day, journal, grooming
- 9:00 PM Meditation
- 9:30 PM Sleep

Thursday

- 6:00 AM Wake up, drink water
- 6:15 AM Cold shower & grooming
- 6:30 AM Workout
- 7:30 AM Breakfast
- 8:00 AM 11:00 AM Study session
- 11:00 AM Face massage
- 12:00 PM Bath
- 12:30 PM Lunch
- 1:00 PM 1:45 PM Power nap or light reading
- 2:00 PM 3:30 PM Computer class
- 3:30 PM 4:30 PM Basketball or rest
- 5:00 PM 7:00/7:15 PM History tuition
- 7:30 PM Dinner
- 8:30 PM Light grooming and prep for bed
- 9:00 PM Meditation
- 9:30 PM Sleep

Friday

- 6:00 AM Wake up, drink water
- 6:15 AM Cold shower & grooming
- 6:30 AM Workout
- 7:30 AM Breakfast
- 8:00 AM 11:00 AM Study session
- 11:00 AM Face massage
- 12:00 PM Bath
- 12:30 PM Lunch
- 1:00 PM 2:00 PM Revision or light rest
- 2:30 PM 4:30 PM English tuition
- 5:00 PM 7:00 PM Political Science tuition
- 7:30 PM Dinner
- 8:00 PM Light reflection/journaling
- 9:00 PM Meditation
- 9:30 PM Sleep

Saturday

- 6:00 AM Wake up, drink water
- 6:15 AM Cold shower & grooming
- 6:30 AM Workout
- 7:30 AM Breakfast
- 8:00 AM 11:00 AM Study session or hobby learning
- 11:00 AM Face massage
- 12:00 PM Bath
- 12:30 PM Lunch
- 1:00 PM 2:00 PM Power nap or light reading
- 3:00 PM 4:00 PM Basketball or personal care
- 4:00 PM 6:00 PM Project time, creative hobbies, or extra study
- 6:30 PM Dinner
- 7:30 PM 8:30 PM Reflect, plan for next week
- 9:00 PM Meditation
- 9:30 PM Sleep