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| TASK | TIME | DURATION |
| Wake Up | 7:00 am |  |
| Office work | 7:00am-9:30am | 2:30 hour |
| Morning Routine | 9:30am-11:30 | 2 hours |
| Laboratory | 11:30-7:30pm | 8 hours |
| Self-Care | 7:30pm-8:30pm | 1 hour |
| Office work | 8:30-10:00pm | 1 & half hour |
| Dinner | 10:25-10-45pm | 20 mins |
| Office work | 10:45-1:00pm |  |
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Will update Github regularly