

■ Weekly Planner & Routine

■ Weekday Routine (Mon–Fri)

Time	Activity
4:30–5:30 AM	Wake up, walk/run, light exercise
5:30–6:30 AM	Free or short task (meditate, chill)
6:30–8:30 AM	Study for college (main subject)
8:30–9:30 AM	Shower, breakfast, prepare
9:30–11:30 AM	Read (non-college book), chill time
11:35 AM–5:20 PM	College (incl. travel)
5:30–6:30 PM	Relax + Genshin or Manga/Manhwa
6:30–7:30 PM	Study/Revision
7:30–8:30 PM	Dinner + Chill
8:30–9:30 PM	Optional: read/play/write journal
9:30–10:00 PM	Prepare for bed
10:00 PM	Sleep

■ Weekend Routine (Sat–Sun):

- Morning: Same (wake, walk/run, light study)
- Late Morning: Free time or quick study
- Afternoon: Go out with friends, family, or eat out
- Evening: Watch movie / Genshin / Chill
- Night: Light reading or journal

■ Daily To-Do Format (Notebook Style):

■ Date: _____

■ PRIORITY TASKS:

- [] _____
- [] _____
- [] _____

■ OTHER TO-DOs:

- [] _____
- [] _____

■ HABIT TRACKER:

[] Wake at 4:30 AM [] Morning Exercise [] No phone until 9 AM [] Drank 2L water

■ JOURNAL/NOTES:
