

## ■ Daily Study Timetable

Time	Activity
6:00 AM – 6:30 AM	Wake up, freshen up
6:30 AM – 7:00 AM	Morning walk or light exercise
7:00 AM – 8:15 AM	Study Session 1 (morning focus)
8:15 AM – 8:45 AM	Breakfast & get ready for college
9:00 AM – 1:15 PM	College time
1:15 PM – 2:00 PM	Lunch & rest
2:00 PM – 4:00 PM	Study Session 2 (library)
4:00 PM – 4:30 PM	Short break / tea / walk
4:30 PM – 6:30 PM	Study Session 3 (library)
6:30 PM – 7:00 PM	Evening break / snacks
7:00 PM – 8:00 PM	Study Session 4 (light revision or notes)
8:00 PM – 8:30 PM	Travel home / dinner
8:30 PM – 9:30 PM	Study Session 5 (home study or video learning)
9:30 PM – 10:00 PM	Relax / plan next day
10:00 PM – 6:00 AM	Sleep ■

### ■ Study Tips:

- Use 50 min study + 10 min break (Pomodoro method).
- Keep 1 session daily for revision.
- Avoid screens during breaks.
- Sleep 7–8 hours daily for best focus.