

Life Schedule

- Wake up
- Gym Exercises 1
- Breakfast
- (1)/2 Problem Sheets timed such that it is no longer than 5.5 hours
- Eat second meal
- (Go to uni and do uni stuff and then come back) - when summer ends - can have lunch in uni if you do this
- Gym Exercises 2 (*)
- Eat third meal
- Latex research bites (*)
- Journal - end of screens for the day (**)
- Gym Exercises 3 (**)
- Evenings off - cook a nice big dinner
- Sleep

Note:

The brackets indicate the schedule over school year which is different from the schedule over the summer.

Do not try to read the lecture notes before starting the problem sheets - you will learn as you go

The extra research bites are meant to be extensions of the problem sheets in the morning.

Travel times are audible times on bike

Cook Very healthy food cut out all sugar except from innocent juice

The asterixed items change during the school term

Weekends

- The same as above but no gym exercises - open water swimming is a good idea
 - Merge this with the park time and walking time
- The latex research bites is about polishing up unfinished stuff over the week
- If you adhered to the 2 PS a day for the 3-5 days in the week, then you can take the weekend off to do a deep dive research into a topic of your choice outside mathematics.
- Call your parents
- Laundry, admin, emails, cleaning

At the end of each exercise stretch that muscle well till you start shaking

Gym exercises 1:

1. Neck Extensions and Curls*50 - track the weight and have progressive overload
2. Hand Grip exercise
3. Resistance band Face Pulls
4. Low up pull and alternation rows
5. Pull up with bands (but the stand)
6. Dips with Bands
7. Nordic

Gym exercises 2:

1. Row
2. Face Pull
3. incline Bench Press
4. Squat
5. Side Laterall Dumbell Raise (for width)
6. Follow along YouTube video

Gym Exercises 3:

1. Rowing Erg/kettleball if rowing is not available
2. Follow along YouTube video for abs

3. Yoga full body video follow along
4. Foam Roller
5. Meditation

- Survive off of Plenny for your calorie needs - you should be going through a packet a day
- Brown Curried Rice
- Spices and spice rack needs to be bought along with oil
- finish off what you have, have a supply of
 - Onions
 - Sweet Potato
- GET ORGANIC GRASS FED MEAT

- Try to do stuff with people
- You will make mistakes but its ok, just keep following this and forgive yourself
- Make sure you take the respective tablets in the morning and afternoon