

# Daily Schedule

Time	Activity	Description
 5:30 AM - 6:00 AM	Wake Up & Freshen Up	Wake up, brush, freshen up, drink water, meditate
 6:00 AM - 8:00 AM	Morning Revision	Revise topics or read current affairs without distractions
 8:00 AM - 9:00 AM	Healthy Breakfast	Eat nutritious breakfast, avoid phone use
 9:00 AM - 12:00 PM	Core Study Block	Focus on toughest subject using 50/10 rule
 12:00 PM - 1:00 PM	Lunch + Power Nap	Light lunch, 20-minute nap
 1:00 PM - 3:00 PM	Practice Session	Solve MCQs, previous year papers, track accuracy
 3:00 PM - 4:00 PM	Short Break	Stretch, walk, hydrate, sunlight
 4:00 PM - 6:00 PM	Mock Test + Analysis	Full-length mock test, analyze mistakes
 6:00 PM - 7:00 PM	Tea + Relax	Light snack, talk to family, calming music
 7:00 PM - 9:00 PM	Review & Flashcards	Revise errors, practice flashcards, review notes
 9:00 PM - 9:30 PM	Dinner + Light Talk	Eat dinner calmly, talk to family, no screens
 9:30 PM - 10:15 PM	Reflect & Plan	Write achievements, plan goals, gratitude, meditation
 10:30 PM	Sleep	Get 7-8 hours of sleep