

DAILY SCHEDULE

TIME	SCHEDULE
6:00	Wake up
6:00--6:10	Wash up
6:15--6:25	Running
6:30--8:00	Morning Class
8:00--8:30	Breakfast
8:30--10:00	First Class
10:00--10:25	Running
10:25--11:55	Second Class
12:00--12:30	Lunch
12:30--13:30	Lunch Break
13:50--14:30	Reading
14:40--16:10	Third Class
16:10--16:30	Break
16:30--18:00	Fourth Class
18:00--18:30	Dinner
18:30--19:00	Walk
19:10--20:40	Fifth Class
20:40--21:00	Fitness
21:00--22:30	Sixth Class
22:55	Lights out
23:00	Go to bed

**Only the man who controls
himself would control his life!**