

# Weekday

**\*6:00am - 6:10am\*: Wake up. Immediately drop and do 50 push-ups to jumpstart the body.**

**\*6:10am - 6:45am\*: Morning run or brisk walk, challenging yourself with the pace and distance.**

**\*6:45am - 7:00am\*: Cold shower.**

**\*7:00am - 7:30am\*: Nutritious breakfast.**

**\*7:30am - 8:00am\*: Meditation and visualization. Sharpen your mental clarity and focus.**

**\*9:00am - 5:00pm\*: Work. During breaks, do quick sets of push-ups, squats, or any calisthenics.**

**\*5:00pm - 5:30pm\*: Reflective journaling about your day, challenges faced, and mental barriers overcome.**

**\*5:30pm - 6:15pm\*: Intense strength training or HIIT workout.**

**\*6:15pm - 7:00pm\*: Dinner, focus on high-protein, low-carb.**

**\*7:00pm - 8:30pm\*: Dedicated web development learning. Push for deep work and focus.**

**\*8:30pm - 9:30pm\*: Read books on discipline, resilience, or biographies of mentally tough individuals.**

**\*9:30pm - 10:00pm\*: Plan the next day, and do another short visualization session.**

**\*10:00pm\*: Sleep.**