

# **Programmer's Daily Routine para Iwas Panot**

## **6:307:00 AM Gising + Sunlight Exposure**

- Tumapat sa morning sunlight (1015 mins)
- Stretching or brisk walk kahit 10 mins

## **7:007:30 AM Healthy Breakfast**

- 2 boiled eggs
- 1 cup oatmeal
- Prutas
- Tubig

## **7:307:45 AM Scalp Care (23x/week)**

- Mild shampoo (no sulfates)
- Optional: rosemary oil or coconut oil treatment

## **8:008:15 AM Quick Mindfulness**

- 510 mins deep breathing/meditation
- Goal: lower cortisol

## **8:30 AM 12:00 NN Focused Coding (Pomodoro Style)**

- 25 mins work + 5 mins break
- Stretch & hydrate during breaks

## **12:001:00 PM Lunch Break**

- High-protein meal + veggies
- No screen while eating
- Optional: 20-min nap

## **1:005:00 PM Coding/Meetings**

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- Avoid headset all day
- Use scalp massager on break (5 mins)

## **3:30 PM Hair-Boosting Snack**

- Mixed nuts
- Green tea
- Dark chocolate (moderate)

## **6:00PM Light Workout**

- Jog, rope, bodyweight workout
- Lowers stress hormone

## **7:00 PM Dinner**

- Lean protein + veggies
- Avoid fast food

## **9:00 PM Screen Off + Relax**

- No blue light
- Read or journal

## **10:00 PM Sleep**

- 7-8 hours sleep
- Optional: apply minoxidil if advised

## **Bonus Tools (Optional)**

- Scalp Massager: Daily 5 mins = better blood flow
- Rosemary Oil: Natural DHT blocker
- Biotin Supplement: If kulang sa diet

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- Minoxidil: For early bald spots (with derma advice)