

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)

6:00-6:45 PM 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)