

## Monday Schedule

Time	Activity
6:15-6:30 AM	Wake up, hygiene
6:30-7:00 AM	Workout
7:00-8:30 AM	Prayers
8:30-9:00 AM	Light Breakfast
9:00-12:30 PM	Work
12:30-1:30 PM	Lunch + Short Break
1:30-5:30 PM	Work
5:30-6:30 PM	Light activity / Rest
6:30-7:30 PM	Dinner
7:30-8:00 PM	Relax / Social
8:00-9:30 PM	Study
9:30-10:30 PM	Self-Development / Side Project
10:30-11:00 PM	Wind-down & hygiene
11:00 PM-6:15 AM	Sleep

## Tuesday Schedule

Time	Activity
6:15-6:30 AM	Wake up, hygiene
6:30-7:00 AM	Workout
7:00-8:30 AM	Prayers
8:30-9:00 AM	Light Breakfast
9:00-12:30 PM	Work
12:30-1:30 PM	Lunch + Short Break
1:30-5:30 PM	Work
5:30-6:30 PM	Light activity / Rest
6:30-7:30 PM	Dinner
7:30-8:00 PM	Relax / Social
8:00-9:30 PM	Study
9:30-10:30 PM	Self-Development / Side Project
10:30-11:00 PM	Wind-down & hygiene
11:00 PM-6:15 AM	Sleep

## Wednesday Schedule

Time	Activity
6:15-6:30 AM	Wake up, hygiene
6:30-7:00 AM	Workout
7:00-8:30 AM	Prayers
8:30-9:00 AM	Light Breakfast
9:00-12:30 PM	Work
12:30-1:30 PM	Lunch + Short Break
1:30-5:30 PM	Work
5:30-6:30 PM	Light activity / Rest
6:30-7:30 PM	Dinner
7:30-8:00 PM	Relax / Social
8:00-9:30 PM	Study
9:30-10:30 PM	Self-Development / Side Project
10:30-11:00 PM	Wind-down & hygiene
11:00 PM-6:15 AM	Sleep

## Thursday Schedule

Time	Activity
6:15-6:30 AM	Wake up, hygiene
6:30-7:00 AM	Workout
7:00-8:30 AM	Prayers
8:30-9:00 AM	Light Breakfast
9:00-12:30 PM	Work
12:30-1:30 PM	Lunch + Short Break
1:30-5:30 PM	Work
5:30-6:30 PM	Light activity / Rest
6:30-7:30 PM	Dinner
7:30-8:00 PM	Relax / Social
8:00-9:30 PM	Study
9:30-10:30 PM	Self-Development / Side Project
10:30-11:00 PM	Wind-down & hygiene
11:00 PM-6:15 AM	Sleep

## Friday Schedule

Time	Activity
6:15-6:30 AM	Wake up, hygiene
6:30-7:00 AM	Workout
7:00-8:30 AM	Prayers
8:30-9:00 AM	Light Breakfast
9:00-12:30 PM	Work
12:30-1:30 PM	Lunch
1:30-5:00 PM	Work
5:30-7:30 PM	Football
7:30-8:30 PM	Dinner + Shower
8:30-9:30 PM	Study
9:30-10:30 PM	Self-Development
10:30-11:00 PM	Wind-down & hygiene
11:00 PM-6:15 AM	Sleep

## Saturday Schedule

Time	Activity
6:15-6:30 AM	Wake up, hygiene
6:30-7:00 AM	Workout
7:00-8:30 AM	Prayers
8:30-9:00 AM	Light Breakfast
9:00-10:00 AM	Additional Workout
9:30-11:00 AM	Study
11:00 AM-12:30 PM	Chores
12:30-1:30 PM	Lunch
1:30-5:00 PM	Free Time
5:30-7:30 PM	Football
7:30-8:30 PM	Dinner + Shower
8:30-9:30 PM	Self-Development
9:30-10:30 PM	Relax / Social
10:30-11:00 PM	Wind-down & hygiene
11:00 PM-6:15 AM	Sleep

## Sunday Schedule

Time	Activity
6:15-6:30 AM	Wake up, hygiene
6:30-7:00 AM	Workout
7:00-8:30 AM	Prayers
8:30-12:30 PM	Church
12:30-1:30 PM	Lunch
1:30-5:00 PM	Free Time
5:30-7:30 PM	Football
7:30-8:30 PM	Dinner + Shower
8:30-9:30 PM	Self-Development
9:30-10:30 PM	Relax / Social
10:30-11:00 PM	Wind-down & hygiene
11:00 PM-6:15 AM	Sleep