# Daily Routine README

## Introduction

This README outlines my daily routine, including activities, timings, and estimated durations. It's designed to help me maintain a healthy lifestyle, focus on coding, and make time for personal growth.

## Daily Schedule

| Start Time | Activity | Duration |
| --- | --- | --- |
| 6:00 AM | **Wake Up**: Start the day with energy | - |
| 6:15 AM | **Prayer and Meditation**: Set a positive mindset | 15 mins |
| 6:30 AM | **Morning Workout**: Calisthenics, yoga, stretching | 20 mins |
| 6:50 AM | **Breakfast**: Fuel up for the day | 30 mins |
| 7:20 AM | **Coding (1st Session)**: 3 hours | 3 hours |
| 10:20 AM | **Short Break and Healthy Snack**: Recharge | 10 mins |
| 10:30 AM | **30-Minute Cardio or Strength Training Workout** | 30 mins |
| 11:00 AM | **Coding (2nd Session)**: 3 hours | 3 hours |
| 2:00 PM | **Lunch**: A nutritious meal (and a break) | 30 mins |
| 2:30 PM | **Coding (3rd Session)**: 2 hours | 2 hours |
| 4:30 PM | **Short Break and Healthy Snack**: Recharge | 10 mins |
| 4:40 PM | **Relaxation**: Unwind with a book or hobby | - |
| 5:40 PM | **30-Minute Cardio or Strength Training Workout** | 30 mins |
| 6:10 PM | **Dinner**: A balanced meal | 30 mins |
| 6:40 PM | **Free Time**: Pursue hobbies or leisure activities | - |
| 8:00 PM | **Hydration**: Limit fluids close to bedtime | - |
| 9:00 PM | **Prepare for Bed**: Wind down | - |
| 9:30 PM | **Sleep**: Aim for 7-8 hours of rest | - |

## Goals

- Maintain a healthy lifestyle with exercise and balanced meals.

- Dedicate at least 8 hours to coding, divided into three sessions.

- Ensure adequate rest and quality sleep.

- Consistency is key to achieving your goals.

**Note**: For specific dietary or health concerns, consult with a healthcare professional.