# Daily Schedule Analysis

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| **SN** | **Time** | **Activity** | **Secondary Work** | **Remark** |
| 1 | 5:00 AM - 6:00 AM | Wake up | None | Fixed |
| 2 | 6:00 AM - 6:30 AM | Yoga, Meditation, bhajan | None | Fixed |
| 3 | 6:30 AM - 7:30 AM | Read a Book | Wash, bath | Variable |
| 4 | 7:30 AM - 9:00 AM | Write Book Research | Task, dinner | Variable |
| 5 | 9:00 AM - 9:10 AM | Ready for work | Task | Variable |
| 6 | 9:10 AM - 5:00 PM | Work (8 hours) or Skill Development | None | Fixed |
| 7 | 3:00 PM - 3:20 PM | Middle of work | None | Fixed |
| 8 | 5:00 PM - 6:20 PM | Work on Project | Task | Variable |
| 9 | 6:20 PM - 7:30 PM | Hard Exercise | None | Fixed |
| 10 | 8:00 PM - 9:00 PM | Dinner | Task, Lunch | Variable |
| 11 | 9:00 PM - 10:00 PM | Read at Night | Task | Variable |
| 12 | By 10:30 PM | Sleep | None | Fixed |