

TIME TABLE

1. Wake up at 6:00 am.
2. 6:00 am - 7:30 pm = Fresh Up and Food.
3. 7:30 am - 12:30 pm = Work.
4. 12:30 pm - 1:15 pm = Food and Prayer.
5. 1:15 pm - 4:30 pm = Work.
6. 4:30 pm - 4:45 pm = Prayer.
7. 4:45 pm - 6:45 pm = Work.
8. 6:45 pm - 7:30 pm = Prayer and Food.
9. 7:30 pm - 11:00 pm = Work.
10. 11:00 pm - 12:00 pm = Fresh up.
11. 12:00 pm - 6:00 am = Sleep.