Basic rules to live Healthy Lifestyle

# Follow Rules

1. Proper day routine
2. Stop any negative addiction
3. Train mentally and physically
4. Optimize your intake
5. Don’t be in comfort zone

# 1. Day Routine

|  |  |
| --- | --- |
| Time | Routine |
| 5.00 am | Wake up and make my bed |
| 5.05 am | Drink 2 glass of water |
| 5.10 am | Sit silence and deep breath |
| 5.15 am | Rest room and track weight |
| 5.35 am | Oil pulling and brushing |
| 5.50 am | Daily Abs |
| 6.05 am if need | Self Care |
| 6.05 am | Skin Care and bathing |
| 7.05 am | Prepare Breakfast and Eat |
| 7.30 am | Hair Care |
| 7.40 am | Learning new skill |
| 8.40 am | Get ready for the day |
|  |  |
| 2.00 pm | Lunch |
| 3.00 pm | Nap |
| 3.45 pm | Get ready |
| 4.15 pm | Go and Training |
| 7.45 pm | Come, Fresh up and prepare a rice |
| 8.30 pm | Dinner with schedule next day |
| 9.00 pm | Make for sleep |
| 9.30 pm | Sleep Before |

# 2. Stop any negative addiction

1. Porn
2. Consuming lot of Entertainment

# 3. Train mentally and physically

## Mentally

Consume self development or feed any positive things

## Physically

6 Days of training and 1 day rest

# 4. Optimise your intake

1. Avoid sweet and sugar
2. Avoid junk and processed food
3. Avoid unhealthy fats
4. Drink 5 liters of water
5. Follow healthy diet

# 5. Don’t be in Comfort zone

1. Follow discipline
2. Consistent over perfection
3. Focus on Health then Work

# My Current Diet

## Breakfast

ABC Juice (100g apple, 100g Beetroot, 100g Carrot)

7 Egg White

Oats Recipe (50g oats, 150ml Skimmed milk, 1 Scoop Whey Protein, 50g banana, 50g Strawberry)

Almond 5g

## Lunch

100g chapatti

150g boneless chicken

8 egg white + 2 whole egg

100g Grapes

100g Guava

## Pre Workout

3g Creatine

100g banana

## Post Workout

1 Scoop whey Protein

3g Creatine

5g almond

## Dinner

5 Egg White + 2 whole egg

Oats Recipe (50g oats, 150ml Skimmed milk, 1 Scoop Whey Protein, 50g banana, 50g Strawberry)

500g Watermelon