

■ Daily Time Table – Satya

6:00 – 6:30 am	Wake up + Meditation ■■■■
6:30 – 7:00 am	Martial arts warmup / drills
7:00 – 7:30 am	Nunchaku practice (30 min)
7:30 – 8:00 am	Breakfast + Get ready
8:00 – 12:00 pm	Job work
12:00 – 12:30 pm	Lunch
12:30 – 4:30 pm	Job work
4:30 – 5:30 pm	Trading / Market analysis ■
5:30 – 6:00 pm	Job wrap-up
6:00 – 6:30 pm	Evening Pooja ■■
6:30 – 7:30 pm	Gym / Body workout (1 hr)
7:30 – 8:00 pm	Dinner
8:00 – 9:00 pm	Martial arts training (1 hr)
9:00 – 9:30 pm	Chess ■■ (1 game + analysis)
9:30 – 11:00 pm	Coding practice / Projects (1.5 hr)
11:00 – 11:30 pm	Relax / Reading / Journaling
11:30 pm – 6:00 am	Sleep (6.5 hr)