

# *Morning Routine*

## **4:00 AM – Wake Up**

- **Hydrate:** Start with a glass of water to wake up your body.

## **4:05 AM – Meditation (10 minutes)**

- Find a quiet space to meditate, focusing on your breath or using a guided meditation app.

## **4:15 AM – Exercise (30 minutes)**

- **Warm-Up:** 5 minutes of light stretching.
- **Workout:** Do your 20 push-ups followed by some cardio (jogging in place, jumping jacks) and core exercises (planks or sit-ups).

## **4:45 AM – Shower (15 minutes)**

- Refresh yourself, using this time to enjoy music or a podcast.

## **5:00 AM – Healthy Breakfast (30 minutes)**

- Prepare a balanced breakfast that includes protein, healthy fats, and carbs (like oatmeal with nuts and fruit or eggs with whole-grain toast).

## **5:30 AM – Educational Activities (1 hour)**

- Engage in something educational that interests you—reading, watching lectures, or taking an online course.

## **6:30 AM – Planning/Goal Setting (15 minutes)**

- Write down your goals for the day and prioritize your study tasks.

## **6:45 AM – Deep Focus Work/Study Session (2 hours)**

- Start your most important tasks or study sessions while your mind is fresh.

## **8:45 AM – Break (15 minutes)**

- Take a short break, stretch, or go for a quick walk to recharge.

## **9:00 AM – Continue with Your Day**

- Transition into the rest of your daily activities with the momentum built from your productive morning!