

# The Daily Routine (Saturday – Thursday)

Time	Activity	Notes
05:00 AM	Wake Up & Fajr	Start the day spiritual and fresh. No phone yet.
05:30 AM	Deep Work Session (L / R / W)	(4 Hours) Your main study block. The house is quiet.
09:30 AM	Breakfast & Relax	Eat a healthy breakfast. Brain rest.
10:30 AM	Optional Nap or Light Vocab	If you need 8 hours sleep, nap here for 45 mins.
12:00 PM	Shower, Dhuhr Prayer & Lunch	Must finish by 01:10 PM as requested.
01:15 PM	Commute / Prep	Get ready for your class.
02:00 PM	Class Time	Focus on your external commitments.
05:00 PM	Class Ends & Asr Prayer	Clear your mind from class work.
06:00 PM	Maghrib & Light Snack	Relax.
07:00 PM	Speaking & Review	(1 Hour) Practice Speaking or review morning mistakes.
08:30 PM	Dinner & Isha Prayer	Family time or relax.
09:30 PM	Wind Down	Pack bag for next day. No screens.
10:00 PM	Sleep	Strict Bedtime. 7 Hours sleep + optional morning nap.