

# My Daily Routine

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Batch -28



# Morning Routine



☐ Wake up at  
7:00 AM



☐ Exercise for  
30 minutes



☐ Healthy  
breakfast

# Commute to Work/School



- ✓ **Leave home by 8:00 AM**
- ✓ **Enjoy a podcast or music**
- ✓ **Reach destination by 9:00 AM**

# Work/School Morning Session



- ✓ **Check emails and messages**
- ✓ **Attend meetings/classes**
- ✓ **Work on projects/assignments**

# Lunch Break



- **Lunch at 12:00 PM**



- **Socialize with colleagues/friend**



- **Quick walk outside**



# Work/School Afternoon Session

- ✓ Continue with tasks/projects
- ✓ Attend additional meetings/classes
- ✓ Review and plan for next day



# Commute Home

- ✓ Leave by 5:00 PM
- ✓ Reflect on the day
- ✓ Plan evening activities



- ✓ **Leave by 5:00 PM**
- ✓ **Reflect on the day**
- ✓ **Plan evening activities**





# Evening Activities



✓ **Dinner with family/friends**

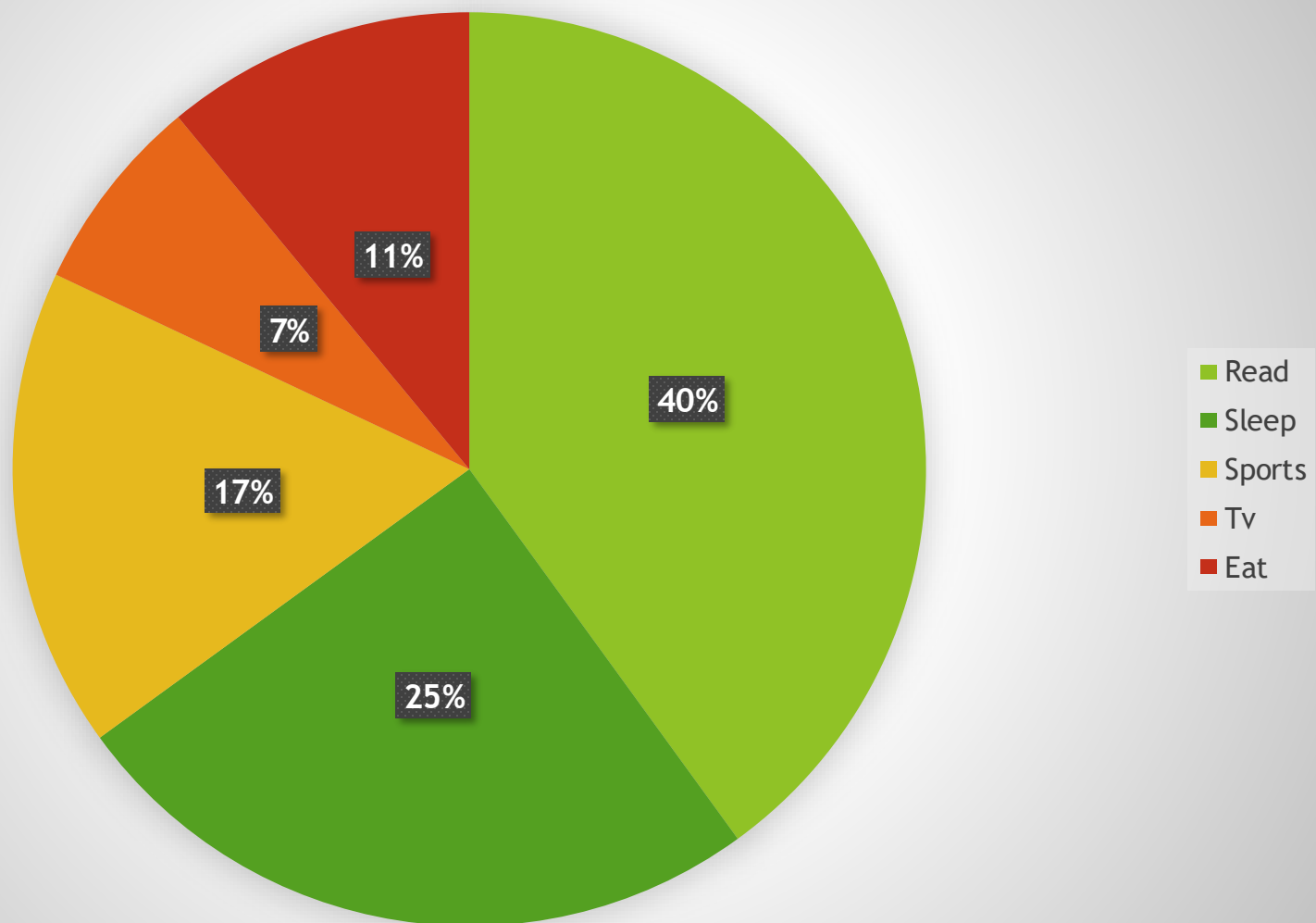


✓ **Relax with a book or TV**



✓ **Hobby**

## Daily Routine



# Night Routine

- ✓ **Prepare for bed by 10:00 PM**
- ✓ **Reflect on the day**
- ✓ **Read or meditate**



# Conclusion

**This is My daily  
Routine and I  
follow this.**

