

19:00-21:00	Free time		Free time		Free time		Free time		Free time		Free time		Free time	
21:00-4:00	Sleep		Sleep		Sleep		Sleep		Sleep		Sleep		Sleep	

Skim Reading: go through the work for the day, write down your study goal, draw a plan.

Exercise: 1hour Yoga or stretches

Gym: 2hour intense workout in the gym

Shower/Breakfast: have a shower, eat breakfast and prepare for the day

Relaxation Activity: Time for personal activities, naps, hobbies, or meditation.

Intense Reading: 2hour Dedicated study time for subject or topic you wrote down in the morning.

Lunch: Time to eat and recharge for the afternoon sessions.

Revision and Roundup: 3hour long period achieve your goal for the day and roundup your work.

Dinner: Evening meal and unwind time.

Free Time: Engage in an activity you enjoy, like reading, playing an instrument, or watching a series.

Sleep: Ensure you get enough rest to be ready for the next day.

Nap: Take naps to reduce stress and improve performance.

Task: task you must do

Done? Tick this Box if you are done with the task

You can adjust the times and activities to fit your personal study habits and lifestyle. It's important to include breaks and relaxation activities to maintain a healthy balance!