

Morning Routine

04.58: Get up Instantly

05.00: Morning Affirmation & Drink Water & Green Supplements

05.15: Jog 1km, 200 Push up, 200 Sit up and 25 Pull up

05.45: Shower & Breathing Exercise & Protein shake

06.00: Meditate 10 min

06.15: Eat Breakfast & Supplements & Plan Day

07.00: Final touch & Self-improvement & Work

Evening Routine

21.00: Prepare to sleep

21.20: Plan Next Day

21.30: Sleep