

Morning Routine

05.58: Get up Instantly

06.00: Morning Affirmation & Drink Water & Green Supplements

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

06.45: Shower & Breathing Exercise & Protein shake

07.00: Meditate 10 min

07.15: Eat Breakfast & Supplements & Plan Day

08.00: Final touch & Self-improvement & Work

Evening Routine

22.00: Prepare to sleep

22.20: Plan Next Day

22.30: Sleep