

## 24-Hour Timetable for a 9-to-5 Job with 2-Hour Daily Commute (Balancing Job and Government Exam Preparation)

Time	Activity	Focus / Notes
5:00 – 6:00 AM	Morning Study Session	Focus on core subjects or difficult topics; uninterrupted, high-quality study.
6:00 – 6:20 AM	Quick Exercise / Stretching	Light yoga, stretching, or walk to energize body and mind.
6:20 – 6:40 AM	Breakfast	Nutritious, light meal for energy.
6:40 – 7:40 AM	Commute to Work	Listen to current affairs, GK podcasts, or audio lectures; use commute as micro-learning time.
9:00 AM – 5:00 PM	Work (Full-Time Job)	Stay focused and complete all office responsibilities efficiently. Take short 5-min breaks every hour if possible.
5:00 – 6:00 PM	Commute Back Home	Relax mind after work while revising audio lectures or listening to motivational content.
6:00 – 6:30 PM	Refresh & Snack	Short rest, light snack, quick shower if needed.
6:30 – 8:00 PM	Evening Study Session	Revision of morning topics, practice questions, or solving previous years' papers. Focused, uninterrupted study.
8:00 – 8:30 PM	Dinner	Balanced meal; avoid heavy food that causes drowsiness.
8:30 – 9:15 PM	Short Relaxation & Mental Reset	Breathing exercises, meditation, or a walk; recharge for night study.
9:15 – 10:30 PM	Night Study Session	Focus on revision, current affairs, or optional subjects; high-intensity study while mind is still alert.
10:30 – 10:45 PM	Short Break	Hydrate, stretch lightly, refresh mind.
10:45 – 11:15 PM	Light Study / Notes Review	Quick review of key points, flashcards, or audio notes; low-intensity to wind down.
11:15 PM – 5:00 AM	Sleep	Minimum 6–6.5 hours uninterrupted sleep; crucial for memory and concentration.

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