

DAILY TOPPER-STYLE STUDY TIMETABLE PDF

Time	Activity
5:30 am – 6:00 am	Wake up, freshen up, 10 min meditation/stretch, and light breakfast
6:00 am – 8:00 am	Study Session 1 – High-focus subject (numerical/concept-heavy)
8:00 am – 8:15 am	Break – Walk/stretch + drink water
8:15 am – 9:30 am	Study Session 2 – Revision or problem-solving
9:30 am – 10:00 am	Healthy snack + refresh (fruits, juice, nuts)
10:00 am – 12:00 pm	Study Session 3 – Concept learning (moderate subject)
12:00 pm – 12:15 pm	Micro break – Relaxation or breathing
12:15 pm – 1:00 pm	Study Session 4 – Note-making & active recall
1:00 pm – 2:00 pm	Lunch + short rest (power nap optional)
2:00 pm – 3:30 pm	Study Session 5 – Mock tests/practice set
3:30 pm – 3:45 pm	Break – Tea/coffee/snack
3:45 pm – 5:00 pm	Study Session 6 – Focus on weak areas
5:00 pm – 5:30 pm	Exercise/Yoga/Walk for refreshment
5:30 pm – 7:00 pm	Study Session 7 – Group study or teaching method
7:00 pm – 7:30 pm	Break – Family time/music/light relax
7:30 pm – 8:00 pm	Dinner (light & healthy)
8:00 pm – 8:45 pm	Study Session 8 – Light review/revision
8:45 pm – 9:15 pm	Relaxation – Journaling, gratitude, light reading
9:15 pm – 9:45 pm	Final quick review – Key formulas & notes
10:00 pm – 5:30 am	Sleep (7–8 hrs for memory & health)