

FULL-DAY BALANCED 8-HOUR STUDY TIMETABLE FOR COMPETITIVE EXAMS

Time	Activity	Purpose
06:00–06:30	Wake + Exercise	Fresh mind, active body
06:30–07:00	Tea/News	Light start, updates
07:00–08:00	Core Subject	Tough topics, fresh mind
08:00–09:00	Practice Questions	Accuracy & speed
09:00–09:15	Break	Rest, hydrate
09:15–10:15	Subject 2	Balanced prep
10:15–11:15	Mock Test	Exam practice
11:15–11:30	Break	Energy boost
11:30–12:30	Current Affairs	Notes + revision
12:30–13:30	Lunch + Nap	Recharge
13:30–14:30	Revision Block	Recall & memory
14:30–15:30	Weak Subject Focus	Improve weak areas
15:30–16:00	Tea/Walk	Refresh mind
16:00–17:00	PYQs/Problem Solving	Exam-oriented prep
17:00–18:00	Sports/Outdoor	Stress relief
18:00–19:00	Doubt Clearing/Group Study	Peer learning
19:00–20:00	Dinner + Family	Bonding, relax
20:00–21:00	Revision Notes	Mind maps, errors
21:00–21:30	Light Reading	Essay, ethics, books
21:30–22:30	Quick Recap	Review whole day
22:30–23:00	Relax + Sleep Prep	Calm mind, no screens
23:00–06:00	Sleep	Deep rest, memory boost

STUDY TIMETABLE

BLANK - A4

DAYS & TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00							
7:00							
8:00							
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