

Sno	Timings	Particulars
1	5.30 - 5.45 AM	WASH AND GET READY
2	5.50 - 6.20 AM	JOGGING & YOGA
3	6.20 - 6.30 AM	MILK AT CANTEEN
4	6.30 - 7.30 AM	BATHING & GETTING READY
5	7.40 - 8.40 AM	PREP AT SCHOOL
6	8.40 AM	BREAKFAST
7	9.00 AM	REPORT TO SCHOOL
8	9.00 - 3.30 PM	SCHOOL TIME
9	3.30 - 5.00 PM	SPORTS & GAMES
10	5.00 - 5.30 PM	WASH AND GET READY
11	5.40 PM	SNACKS
12	6.00 - 8.00 PM	SUPERVISED PREP
13	8.05 PM	DINNER
14	8.30 - 9.15 PM	TV TIME (OPTIONAL)
15	9.20 PM	LIGHTS OFF