

DINACHARYA (The Art of Daily Routine / Weekly Time Table)

| 😊 | | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---------------|--------|---------|-----------|----------|--------|----------|--------|
| | | 03:30 - 04:00 | | | | | | | |
| | | 04:00 - 04:30 | | | | | | | |
| | | 04:30 - 05:00 | | | | | | | |
| | | 05:00 - 05:30 | | | | | | | |
| | | 05:30 - 06:00 | | | | | | | |
| | | 06:00 - 06:30 | | | | | | | |
| | | 06:30 - 07:00 | | | | | | | |
| | | 07:00 - 07:30 | | | | | | | |
| | | 07:30 - 08:00 | | | | | | | |
| | | 08:00 - 08:30 | | | | | | | |
| | | 08:30 - 09:00 | | | | | | | |
| | | 09:00 - 09:30 | | | | | | | |
| | | 09:30 - 10:00 | | | | | | | |
| | | 10:00 - 10:30 | | | | | | | |
| | | 10:30 - 11:00 | | | | | | | |
| | | 11:00 - 11:30 | | | | | | | |
| | | 11:30 - 12:00 | | | | | | | |
| | | 12:00 - 12:30 | | | | | | | |
| | | 12:30 - 13:00 | | | | | | | |
| | | 13:00 - 13:30 | | | | | | | |
| | | 13:30 - 14:00 | | | | | | | |
| | | 14:00 - 14:30 | | | | | | | |
| | | 14:30 - 15:00 | | | | | | | |
| | | 15:00 - 15:30 | | | | | | | |
| | | 15:30 - 16:00 | | | | | | | |
| | | 16:00 - 16:30 | | | | | | | |
| | | 16:30 - 17:00 | | | | | | | |
| | | 17:00 - 17:30 | | | | | | | |
| | | 17:30 - 18:00 | | | | | | | |
| | | 18:00 - 18:30 | | | | | | | |
| | | 18:30 - 19:00 | | | | | | | |
| | | 19:00 - 19:30 | | | | | | | |
| | | 19:30 - 20:00 | | | | | | | |
| | | 20:00 - 20:30 | | | | | | | |
| | | 20:30 - 21:00 | | | | | | | |
| | | 21:00 - 21:30 | | | | | | | |
| | | 21:30 - 22:00 | | | | | | | |