



WALL TIMETABLE

The Full-Time Aspirant

8 focused hours a day. Subject rotation, daily writing, one real break. No 14-hour fantasies.

MORNING BLOCK	≈ 5.5 hrs	AFTERNOON & EVENING	≈ 3.5 hrs
06:00–07:30 Revise previous day's topics REVISE		12:30–14:30 Break — lunch, rest, walk BREAK	
08:00–10:00 Subject 1 — new reading (GS) READ		14:30–16:30 Subject 2 — GS or Optional READ	
10:15–11:15 Answer writing — 2–3, timed WRITE		17:00–18:00 PYQ practice or test analysis PRACTICE	
11:30–12:30 Current affairs — newspaper + notes CURRENT AFFAIRS		21:00–21:30 Light revision + plan tomorrow PLAN	

Make it stick

- 1 Eight focused hours beat twelve distracted ones — every time.
- 2 Rotate subjects every 2 hours; retention falls after that.
- 3 The 2-hour afternoon break is non-negotiable.
- 4 Take one full rest day every week and come back sharper.

WEEKLY RHYTHM

Mon–Sat: read + write + CA daily · 1 mock/week ·
Sun: revise + full rest

EVERY WEEK, HIT ALL FIVE

Read • Revise • Write • Current Affairs •
Test