



## WALL TIMETABLE

# The Working Professional

Job + prep. Focused weekday blocks, heavy weekends. Built for 18–20 month consistency.

WEEKDAY ≈ 4 hrs	WEEKEND ≈ 9 hrs
<p><b>05:45–07:15</b> Morning deep work — current affairs + revise yesterday <b>REVISE</b></p>	<p><b>07:00–10:00</b> New-topic reading (GS or Optional) <b>READ</b></p>
<p><b>Lunch · 30m</b> PYQ analysis or quick revision cards <b>PRACTICE</b></p>	<p><b>11:00–12:00</b> Answer writing — 3–4 answers, timed <b>WRITE</b></p>
<p><b>20:00–22:00</b> New-topic reading — one subject per day <b>READ</b></p>	<p><b>14:00–17:00</b> Second subject + revision <b>REVISE</b></p>
	<p><b>19:00–21:00</b> Weekly test + plan next week <b>TEST</b></p>

## Make it stick

- 1 Protect the 5:45 AM window like an appointment you cannot cancel.
- 2 One subject per weekday — no switching mid-block.
- 3 Weekends do the heavy lifting: new topics, writing, tests.
- 4 Slower pace is fine — a plan you keep beats one you abandon.

### WEEKLY RHYTHM

Mon–Fri: 1 subject/day + CA · Sat: read + write · Sun: test + reset

### EVERY WEEK, HIT ALL FIVE

Read · Revise · Write · Current Affairs · Test