

Best Daily Routine for Weak Students (Up to 10th Grade)

Morning Routine (5:30 AM - 8:00 AM)

Time	Activity
5:30 - 6:00 AM	Wake up, freshen up, light stretching
6:00 - 6:30 AM	Revision of yesterday's learning
6:30 - 7:30 AM	Study toughest subject (Math/Science)
7:30 - 8:00 AM	Bath, breakfast, and get ready for school

School Hours (8:00 AM - 2:00 PM)

- Pay full attention in class
- Sit in the front row if possible
- Ask doubts after class
- Use short breaks to revise class notes

After School Routine (2:00 PM - 6:00 PM)

Time	Activity
2:00 - 2:30 PM	Lunch and rest (short nap if needed)
2:30 - 3:00 PM	Relax, do light activity or hobby
3:00 - 4:00 PM	Homework and classwork completion
4:00 - 4:45 PM	Study second-weakest subject
4:45 - 5:30 PM	Play/exercise (refresh brain & body)

Evening Routine (6:00 PM - 9:30 PM)

Time	Activity
6:00 - 6:30 PM	Healthy snack and refresh
6:30 - 7:30 PM	Study languages (English/Hindi)
7:30 - 8:00 PM	Dinner with family (avoid screens while eating)
8:00 - 8:45 PM	Revise what was studied during the day
8:45 - 9:30 PM	Light reading or story (develop habit)

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Night Routine

Time	Activity
9:30 - 5:30 AM	Sleep (minimum 8 hours of good rest)

Weekly Routine Tips

- Monday to Friday: Follow the above plan strictly
- Saturday: Focus on revisions and clearing doubts
- Sunday: Light study + project work + fun + planning next week

Extra Tips for Weak Students

- Use visuals (videos, diagrams, charts) for learning
- Practice by writing, not just reading
- Set small daily goals (e.g., learn 5 spellings)
- Focus on understanding, not just memorizing
- Use a study buddy or teacher for tough chapters
- Parents should encourage, not pressurize