

Class XI Study Planner

Morning Routine

5:30 AM - 6:30 AM: Wake Up and Morning Study

Focus: Revise what was taught the previous day in school or coaching.

Subjects: Pick a subject that requires conceptual understanding, such as Physics, Chemistry, or Math.

6:30 AM - 7:15 AM: Breakfast and Get Ready for School

7:30 AM - 12:30 PM: School Hours

Tip: Pay attention in class, take clear notes, and list questions or doubts for self-study or coaching.

Afternoon Routine

12:30 PM - 1:30 PM: Lunch and Short Rest

Avoid screen time to relax your mind and prepare for the afternoon.

1:30 PM - 4:30 PM: Coaching Class or Private Tuition

Focus on strengthening topics covered in school and solving practice problems.

4:30 PM - 5:00 PM: Short Break or Refreshment

Relax, grab a light snack, or take a short walk.

Evening Routine

5:00 PM - 6:30 PM: Self-Study (Topic Review)

Focus: Review topics covered in school or coaching on the same day.

Subjects: Prioritize topics that require clarity or immediate revision.

Method: Summarize key points or practice numerical problems.

6:30 PM - 7:00 PM: Break

Engage in hobbies or spend time with family.

7:00 PM - 8:30 PM: Practice Session

Focus: Solve application-based questions or assignments.

Subjects: Target weak areas or prepare for upcoming tests.

8:30 PM - 9:00 PM: Dinner

Eat light, nutritious food to stay energetic.

Night Routine

9:00 PM - 9:30 PM: Quick Revision

Focus: Recap all subjects briefly. Use active recall or flashcards for key formulas or concepts.

9:30 PM - 10:00 PM: Plan the Next Day

Prepare a to-do list for the next day.

10:00 PM: Sleep

Ensure 7-8 hours of sleep to maintain focus and memory retention.

Weekend Routine

Saturday:

- Morning: Revise the entire week's topics and finish any pending work.
- Afternoon: Solve mock tests or work on assignments.
- Evening: Spend time on hobbies or unwind.

Sunday:

- Morning: Focus on subjects requiring more attention.
- Afternoon: Relax or spend time with family.
- Evening: Plan and organize the week ahead.

Key Tips for Following the Planner

1. Stay Flexible: Adjust the planner to accommodate tests, extracurricular activities, or unexpected events.
2. Prioritize Weak Subjects: Dedicate extra time to subjects or topics where you need improvement.
3. Limit Distractions: Use apps like Forest or StayFocused to avoid distractions during self-study.
4. Stay Healthy: Include short walks, hydration, and balanced meals in your routine.