

UNIVERSAL ROUTINE

For Everyone

by



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Morning

5:30 - 7:30 AM

- A) Wake up at 5 to 7 am. Try to wake at the same time every day
- B) Drink 1-2 glasses of water
- C) Meditate for 5-15 minutes
- D) Go to the toilet regularly, at the same time if possible. Do not hold it.
- E) Do stretching exercise for 7 to 10 minutes.
- F) Bathe regularly (warm water in winter, cool/cold water in summer)
- G) Take a healthy breakfast. (Ex: Fruits, eggs, oats, roti + sabzi)

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10:00 - 11:00 AM

(optional)



If you feel hungry, take a light snack with:

Fruits, nuts, coconut water, etc.



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Afternoon

12:30 - 2:30 PM

A) Eat a balanced lunch (Maintain the same time every day)

B) Walk for 10 minutes after lunch.





Evening

4:00 - 6:00 PM

- A) Small healthy snack with tulsi tea, nuts, chana, fruits, and boiled egg.
- B) Move your body for 20 to 30 minutes with walking/cycling/jogging/playground games, or any exercise, etc.



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Dinner

7:00 - 8:30 PM



A) Eat a lighter dinner. (Maintain the same time for every day)

B) Don't eat heavy or fried foods at night.



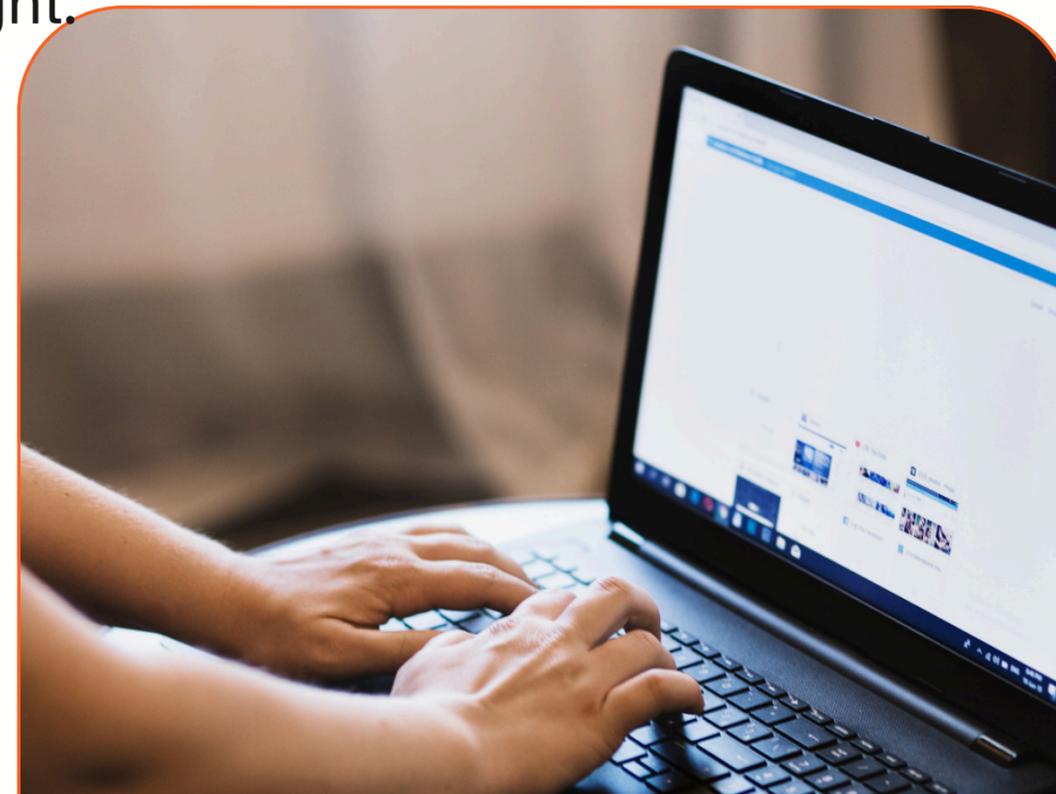
Night

9:00 - 11:00 PM

A) No screen 30 minutes before sleeping

B) You can choose one of these: Reading book (physical book, not on screen), Gentle stretching, Relaxation music, Meditation.

C) Ensure 7 – 8 hours of sleep every night.



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PREMIUM TIPS

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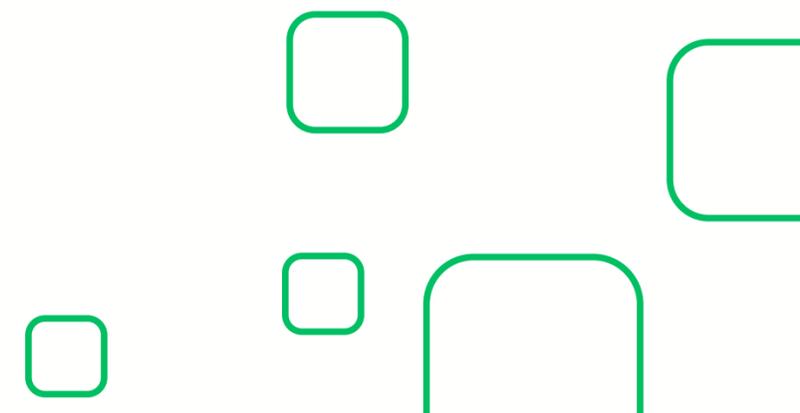
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- ✓ Drink 8 – 10 glasses of water every day to stay hydrated.
- ✓ Add good fats (nuts, seeds, ghee, olive oil, etc.), not bad fats like fast food and junk food.
- ✓ Avoid packaged food, cold drinks, soft drinks, and too much sugar/sugary foods.
- ✓ Light walking for 10 minutes after every meal.
- ✓ Avoid heavy eating at night and also eating late at night (after 10 PM)
- ✓ If you want a healthier option, try tulsi tea/ green tea/ herbal tea.
- ✓ Add protein to your meal, like eggs, fish, dal, paneer, chicken, etc.
- ✓ Eat home-cooked foods, vegetables, and fruits.
- ✓ Stay grateful, stay kind, keep learning.



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Please Note:

This routine is for informational purposes only and is based on basic healthy lifestyle habits. This information is not medical advice and should not be used as a substitute for the advice of a qualified doctor or other health care provider. Everyone has a different body, health and wellness needs. Before starting or changing any routine, exercise or diet, please consult your doctor if you have any health problems, persistent symptoms, chronic diseases, injuries, or special dietary needs. Also, be sure to consult your doctor for any special health conditions, like pregnancy. This routine is suitable for ages 13 and above. Follow this rule based on your personal comfort level and ability.

