

Ankur Warikoo

ROUTINE CHECKLIST

- 4:30 AM: WAKE UP EARLY
- 5:00 AM: MORNING MEDITATION
- 5:30 AM: READING TIME
- 6:00 AM: WORK SYNC
- 6:10 AM: KIDS ROUTINE
- 6:30 AM: MORNING SPORTS
- 7:30 AM: MORNING WORKOUT
- 8:15 AM: READING ROUTINE
- 9:00 AM: SHOWER TIME
- 9:15 AM: PROTEIN SHAKE & SUPPLEMENTS
- 9:30 AM: OFFICE WORK ROUTINE
- 11:00 AM: MORNING MEAL
- 4:00 PM: EVENING MEAL
- 9:30 PM: NIGHT ROUTINE

NOTES