

# Virat Kohli

## ROUTINE CHECKLIST

- 6:00 AM: WAKE UP EARLY
- 6:30 AM: COLD SHOWER
- 7:00 AM: LIGHT BREAKFAST
- 7:30 AM: MEDITATION AND MINDFULNESS
- 8:00 AM: TRAINING SESSION
- 8:30 AM: MORNING SUPPLEMENTS
- 11:00 AM: FIELD PRACTICE & TRAINING
- 12:30 PM: LUNCH
- 1:30 PM: PR ACTIVITIES AND BUSINESS MEETINGS
- 5:30 PM: EVENING ROUTINE / FAMILY TIME
- 9:00 PM: SLEEP

NOTES