

1 OCT – 31 DEC 2026 · 92 DAYS

Winter Arc Time Table

Same times every day. That is the whole trick.

1

Pick the day that fits you: school, college or work.

2

Shift every time by the same amount if you start earlier or later.

3

Tick the right column each night. Never miss twice.

School student · weekday

● Move ● Study / focus ● Food ● School / work ● Your goal / self-care ● Rest / sleep

6:00	● Wake up, big glass of water, make your bed. No phone yet.	☐
6:15	● Move 20 min: home workout, skipping or a brisk walk	☐
6:45	● Shower, breakfast with protein (eggs, curd, paneer, oats)	☐
7:15	● Flashcards on yesterday's topics, 20 min	☐
7:45	● School	☐
14:30	● Lunch, then a 10-minute walk	☐
15:15	● Real break: rest, music, friends. 45 min, timer on	☐
16:00	● Study block 1: 60 min, phone in another room	☐
17:00	● Snack + water	☐
17:15	● Study block 2: 45 min of practice questions	☐
18:00	● Sport, gym or a hobby you are getting better at	☐
19:30	● Dinner with family	☐
20:15	● Homework / light review, 45 min	☐
21:00	● Plan tomorrow's 3 tasks, tick your tracker	☐
21:30	● Phone charging outside the room, read 10 pages	☐
22:00	● Lights out (8 hours before a 6:00 alarm)	☐

College student · weekday

7:00	 Wake, water, daylight	☐
7:15	 Gym or a run	☐
8:30	 Breakfast with protein	☐
9:00	 Deep study 90 min, before anything else	☐
10:30	 Lectures	☐
13:00	 Lunch + 15-min walk	☐
14:00	 Lectures / lab	☐
16:30	 Study block 2: active recall	☐
18:30	 Skill hour: code, language, portfolio	☐
19:30	 Dinner	☐
20:30	 Friends, free time (not scrolling)	☐
22:00	 Plan tomorrow, tracker, skincare	☐
23:00	 Sleep	☐

 Move  Study / focus  Food  School / work  Your goal / self-care  Rest / sleep

Working 9 to 5 · weekday

6:00	 Wake, water, daylight	☐
6:15	 Train: gym or 30-min home workout	☐
7:15	 Shower, breakfast, pack lunch	☐
8:00	 Commute: audiobook or language app	☐
9:00	 Work: hardest task first	☐
12:30	 Lunch away from the screen + walk	☐
13:15	 Work	☐
17:30	 Walk / commute home: steps	☐
18:30	 Dinner you planned yesterday	☐
19:15	 Goal hour: side project, study, reading	☐
20:30	 People, free time	☐
21:30	 Tracker, plan tomorrow, skincare	☐
22:30	 Sleep	☐

No time for the gym in the morning? Swap the morning move block with the evening goal hour. Keep both at the same time every day.

Weekend

7:00	 Wake within an hour of your weekday time	☐
7:30	 Long session: long run, full gym day or a hike	☐
10:00	 Meal prep for the week: protein, carbs, veg	☐
12:00	 Weekly review: what slipped, one fix	☐
13:00	 Free afternoon: people, rest, outside	☐
18:00	 Reset: laundry, room, bag packed for Monday	☐
22:00	 Phone out, same bedtime as school / work nights	☐

My time table · fill in

6:00	☐
7:00	☐
8:00	☐
9:00	☐
10:00	☐
11:00	☐
12:00	☐
13:00	☐
14:00	☐
15:00	☐
16:00	☐
17:00	☐
18:00	☐
19:00	☐
20:00	☐
21:00	☐

My week

Block out school or work first, then your non-negotiables, then sleep. Whatever is left is free time.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00							
7:00							
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23:00							



Bloom

Prefer your phone? Bloom has a Winter Arc challenge built in: daily rituals, a streak that survives one missed day, a calendar of every day you showed up and a partner who checks in.

Scan to get it free on Android and iPhone.