

## CBSE Board Study Routine (Dec – Feb)

School Time: 7:00 AM – 3:00 PM | For Class 10 & 12

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### DAILY TIME-TABLE

#### Morning

##### 5:00 – 5:30 AM

Formula & key points revision (no phone)

##### 5:30 – 6:30 AM

Core subject study

- Class 10: Maths / Science
- Class 12: Main subject (theory / numericals)

##### 6:30 – 7:00 AM

Get ready for school

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#### School

7:00 AM – 3:00 PM

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#### Afternoon

##### 3:00 – 3:45 PM

Lunch + rest (phone allowed max 10–15 min)

##### 3:45 – 5:45 PM

Focused study block

- Class 10: SST / English / Hindi
  - Class 12: Second subject / numericals
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#### Evening

##### 5:45 – 6:15 PM

Break + refresh

- Light walk / tea
- **Social media: 10–15 minutes only**

**6:15 – 7:45 PM**

PYQs / Sample paper practice (time-bound)

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**Night****7:45 – 8:15 PM**

Dinner

**8:15 – 9:30 PM**

Revision + mistake analysis

**9:30 – 9:45 PM**

Plan next day

- **Social media: max 10 minutes**

**10:00 PM**

Sleep (must)

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**MONTH-WISE FOCUS****December**

- Full syllabus revision
- Last 10 years PYQs
- Final notes & formula sheets
- 1–2 sample papers per week

**January**

- Full mock tests (3 per week)
- Improve speed, accuracy, presentation

**February**

- Only revision
  - Important questions
  - No new chapters
  - Calm & confident exam mindset
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**SOCIAL MEDIA RULES**

- Total daily use: **max 30 minutes**
- Only after study blocks
- No reels/shorts before sleep
- Phone away during mocks & PYQs

LEARNIFY