

Plan your day the Ayurvedic way with

My daily routine.

Using what you've learned throughout this program and the dinacharya to the right, choose 2–3 activities you can incorporate into your schedule for each time of the day and write them down in the spaces provided. Revisit this worksheet on a regular basis to reflect on the practices you incorporated and to see if you're ready to add something new to your daily routine.

6AM TO 10AM



10AM TO 2PM



2PM TO 6PM



6PM TO 10PM



Dinacharya

Morning

- Wake up around 6am, or with the sun
- Keep your curtains or blinds open overnight to let in the natural sunlight in the morning
- Empty your bowels and bladder
- Drink warm water with a slice of lemon
- Practice tongue-scraping
- Practice oil-pulling
- Brush your teeth
- Cleanse your nasal passages with a neti pot
- Meditate for 15–30 minutes
- Practice pranayama techniques (coherence breathing or nadi shodhana are recommended in the morning)
- Try cardio exercise
- Try strength training
- Try flexibility training
- Incorporate all three (cardio, strength, and flexibility) with yoga
- Practice abhyanga—the Ayurvedic self-massage using dosha-balancing oils
- Take a shower or bath
- Eat a light breakfast
- Perform your morning work or activity

Midday

- Eat lunch between noon and 1pm
- Make lunch the largest meal of the day
- Sit quietly for 5 minutes after eating
- Walk for 5–15 minutes to aid digestion
- Perform your afternoon work or activity
- Meditate late in the afternoon
- Practice pranayama late in the afternoon

Evening

- Eat a light dinner
- Eat at least two hours before bedtime
- Sit quietly for 5 minutes after eating
- Take a leisurely stroll for 5–15 minutes to aid in digestion
- Avoid intense mental activity
- Practice abhyanga
- Take a warm bath
- Avoid electronics or devices with a bright screen at least one hour before bed
- Do some light journaling or reading before bed
- Go to bed with lights off by 10pm
- Listen to soothing music or sounds of nature