

# **24 Hour Study Challenge**

**FREE Study Guide - Worth Rs 100**

**Congratulations on going ad-free!**

**Here are some tips for your 24-hour study challenge:**

- 1. Break your study into focused 20-minute blocks**
- 2. Take 5-minute breaks between sessions**
- 3. Stay hydrated and eat healthy snacks**
- 4. Use the Pomodoro timer to maintain focus**
- 5. Log your activities in the hourly tracker**
- 6. Set a clear daily goal before you start**

**Good luck with your study challenge!**