

 **YOUR 7-DAY PLAN** **DAY 1: SET THE BASE***Correct pots + correct soil*

- Pots with drainage holes
- Soil: 40% compost, 40% cocopeat, 20% garden soil
- Let soil settle (don't plant today)

 **DAY 2: SUN CHECK***Put plants where they can live*

- Observe sunlight for 1 full day
- Full sun (5-6 hrs): Tomato, chilli
- Partial sun (3-4 hrs): Spinach, coriander

 **DAY 3: PLANT SMART***Start small, avoid chaos*

- Spinach OR Fenugreek
- Coriander
- One fruiting plant (chilli/tomato)

 **DAY 4: WATERING***Learn restraint*

- Only when top soil is dry
- Early morning only
- Finger test (2 knuckles deep)

 **DAY 5: ORGANIC BOOST***Feed soil, not plant*

- Compost top-up (handful per pot)
- OR liquid compost tea (mild)
- No chemical fertilizers

 **DAY 6: PREVENTION***Stop problems before they start*

- Spray neem oil (3 ml/L)
- Check underside of leaves
- Check new growth tips

 **DAY 7: OBSERVE & CORRECT***Learn plant language*

- Yellow leaves → water issue
- Curling → pests or stress
- Weak growth → light or crowding

 **5 RULES TO REMEMBER**

1 Soil first

2 Light before fertiliser

3 Less water, more observation

4 Neem before pests

5 Fewer plants, better yield