

HIGH PERFORMANCE MORNING ROUTINE

WEEK OF: _____ GOAL: PEAK COGNITIVE OUTPUT

TIME	SUCCESS PILLAR	M	T	W	T	F	S	S
05:30 AM	Hydration (500ml) & Immediate Sunlight							
05:45 AM	Mindfulness / Breathwork (10 Min)							
06:00 AM	Physical Movement / Mobility							
06:30 AM	Deep Work Session (Top Priority)							
08:00 AM	Cold Exposure & Personal Hygiene							
08:30 AM	Nutrient Dense Fuel / Review Daily Objectives							

WEEKLY REFLECTION / ADJUSTMENTS