

MORNING DISCIPLINE SUCCESS CHART

WEEK OF: _____ GOAL: 100% CONSISTENCY

MORNING ROUTINE HABIT	TARGET	M	T	W	T	F	S	S
Wake Up (First Alarm)	05:00 AM							
Hydrate (500ml Water)	Imm.							
Mindfulness / Meditation	10 Min							
Physical Exercise	30 Min							
Deep Work / Study	90 Min							
Healthy Breakfast	Done							
No Social Media until 9AM	Pass							

WEEKLY REFLECTION / NOTES: