

MORNING ROUTINE TRACKER

Week Of: _____ Goal: _____

HABIT / TASK	TIME	M	T	W	T	F	S	S
Wake Up & Hydrate	06:00							
Meditation / Mindfulness	06:15							
Physical Exercise	06:30							
Healthy Breakfast	07:15							
Deep Work / Planning	08:00							
Personal Reading	08:45							

WEEKLY REFLECTION & NOTES