

MORNING HYGIENE

Date: _____

Drink a glass of water	0:02
Wash face with cleanser	0:05
Brush teeth (2 minutes)	0:03
Floss and use mouthwash	0:02
Apply moisturizer & SPF	0:03
Comb/style hair	0:05
Apply deodorant	0:01

DAILY FOCUS / MOOD

Minimalist Routine Tracker – Template Example