

# MORNING RITUAL TRACKER

Week of: \_\_\_\_\_ Intent: \_\_\_\_\_

RITUAL

MON

TUE

WED

THU

FRI

SAT

SUN

Hydration (500ml)

Meditation /  
Breathwork

Movement / Stretching

Journaling / Gratitude

No Screen Time (1hr)

Healthy Breakfast

Review Daily Goals

WEEKLY REFLECTION & NOTES