

MORNING ROUTINE TRACKER

WEEK OF: _____ WAKE UP TIME: _____ AM

TIME	ACTIVITY	M	T	W	T	F
06:00	Hydrate (500ml Water)					
06:15	Movement / Stretching					
06:45	Deep Work / Focus Session					
07:45	Healthy Breakfast					
08:15	Planning & Top 3 Priorities					

Daily Intentions & Notes: