

MORNING ROUTINE

Date: _____

TIME	ACTIVITY / RITUAL	MTWTFSS
06:00	Wake up & Hydrate (500ml Water)	
06:15	Movement (Stretch/Yoga/Walk)	
06:45	Mindfulness (Meditation/Journal)	
07:15	Personal Hygiene & Shower	
07:45	Nutritious Breakfast	
08:15	Deep Work / Top Priority Task	