

SUMMER MORNING ROUTINE

Wake up & Hydrate 7:00 AM

Make the Bed 7:15 AM

Outdoor Movement / Walk 7:30 AM

Shower & Skincare 8:15 AM

Healthy Breakfast 8:45 AM

Apply Sunscreen 9:15 AM

Start Daily Priority 9:30 AM

"A sun-drenched morning sets the tone for a productive day."