

MORNING ROUTINE

Wake up & Make Bed 7:00 AM

Hydrate (Glass of Water) 7:05 AM

Shower & Face Wash 7:10 AM

Get Dressed / Grooming 7:25 AM

Healthy Breakfast 7:40 AM

Brush Teeth 7:55 AM

Pack Bag & Tech Gear 8:00 AM

Out the Door 8:10 AM

"Discipline is the bridge between goals and accomplishment."