

MORNING ROUTINE

Goal: Consistency & Mobility

Week of: _____

TIME	ACTIVITY	DURATION/REPS	COMPLETE
06:00 AM	Hydration & Mobility	500ml Water / 5m	
06:10 AM	Dynamic Stretching	10 Reps / Movement	
06:20 AM	Primary Strength	3 Sets x 12 Reps	
06:40 AM	Core / Stability	3 Rounds	
06:50 AM	Cool Down	5m Static Stretch	

DAILY OBSERVATIONS & ENERGY LEVELS

Template focus: Minimalist Functional Fitness Training