

MORNING ROUTINE TRACKER

WEEK OF: _____ GOAL WAKE TIME: _____

TIME	HABIT / TASK	M	T	W	T	F	S	S
06:00	Wake Up & Hydrate							
06:15	Meditation / Breath							
06:30	Exercise / Movement							
07:00	Shower & Groom							
07:30	Healthy Breakfast							
08:00	Journal / Planning							
08:15	Deep Work Start							

WEEKLY INTENTIONS & REFLECTIONS