

DAILY ROUTINE

Date: _____

MORNING

06:00

Wake up & Hydrate

06:30

Movement / Stretch

07:00

Deep Work Session

09:00

Healthy Breakfast

AFTERNOON

12:30

Lunch Break

14:00

Administrative Tasks

16:00

Outdoor Walk

EVENING

18:00

Dinner & Unwind

20:00

Reading / Learning

21:30

Screen Detox

22:00

Sleep

TOP PRIORITIES

NOTES & REFLECTIONS