

MORNING RITUAL

Week Of: _____

TIME	RITUAL / TASK	M	T	W	T	F	S	S
06:00	Wake Up & Hydrate (500ml)							
06:15	Mindfulness / Meditation							
06:30	Movement (Stretch/Yoga/Walk)							
07:00	High-Protein Breakfast							
07:30	Deep Work / Top Priority Task							
08:30	Personal Hygiene & Dress							