

MORNING RITUAL ACCOUNTABILITY

WEEK OF: _____ GOAL WAKE TIME: _____:_____ AM

HABIT / TASK	TIME	M	T	W	T	F	S	S
Hydrate (500ml Water)	0:05							
Meditation / Breathwork	0:10							
Movement / Stretching	0:15							
Journal / Deep Work Prep	0:10							
Healthy Breakfast	0:20							
Cold Shower / Grooming	0:15							
_____	_____							

WEEKLY REFLECTION & OBSTACLES