

DAILY ROUTINE CHECKLIST

Week of: _____

TASK / HABIT

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MORNING ROUTINE

Wake up at 6:30 AM

Hydrate (500ml Water)

Exercise / Movement

PRODUCTIVITY & WELLNESS

Focus Work Block

Healthy Lunch

EVENING SHUTDOWN

Tidy Living Space

Journal / Reflection

No Screens 30min Before Bed

Daily Consistency > Occasional Perfection