

MORNING ROUTINE

Date: _____

Hydration Drink 8oz of water before coffee/tea.

Medication Take morning prescriptions as directed.

Gentle Movement 5-10 minutes of stretching or light walking.

Personal Care Shower, brush teeth, and grooming.

Nutritious Breakfast High protein or fiber-rich meal.

Mental Engagement Reading, crossword, or journaling.

Daily Notes / Mood / Symptoms: