

MORNING ROUTINE

Weekly Completion Log

Week Of: _____

| HABIT / TASK | GOAL | M | T | W | T | F | S | S |
|-------------------------|----------|---|---|---|---|---|---|---|
| Wake Up Early | 06:00 AM | | | | | | | |
| Hydrate (500ml Water) | 06:10 AM | | | | | | | |
| Meditation / Breathwork | 10 Mins | | | | | | | |
| Exercise / Stretching | 20 Mins | | | | | | | |
| Deep Work / Study | 45 Mins | | | | | | | |
| Healthy Breakfast | 08:30 AM | | | | | | | |

WEEKLY REFLECTION & NOTES