

MORNING HABITS TRACKER

Month: _____ Goal Wake-up Time: _____

MORNING ROUTINE
HABIT

MON

TUE

WED

THU

FRI

SAT

SUN

Drink 16oz Water

No Phone (First 30m)

Meditation / Breathwork

Physical Movement

High Protein Breakfast

Journal / Planning

Cold Shower / Rinse

WEEKLY REFLECTION & NOTES