

MORNING ROUTINE

Fitness & Wellness Tracker

Week of: _____

ACTIVITY	TIME	M	T	W	T	F	S	S
Hydration (500ml Water)	06:00							
Mobility / Stretching	06:15							
Core / Strength Session	06:30							
Cardio (Run/Walk/Cycle)	07:00							
High Protein Breakfast	08:00							
Daily Vitamin / Supps	08:15							

WEEKLY GOALS

- 1.
- 2.
- 3.

ENERGY & FOCUS NOTES

How did you feel this week?