

MORNING ROUTINE DISCIPLINE

WEEK OF: _____ GOAL WAKE TIME: _____ AM

TIME	HABIT / DISCIPLINE	M	T	W	T	F	S	S
05:30 AM	Wake Up / No Snooze							
05:40 AM	Hydrate (500ml Water)							
06:00 AM	Movement / Exercise							
06:30 AM	Deep Work / Study							
07:30 AM	Meditation / Silence							
07:45 AM	Cold Shower / Grooming							
08:00 AM	Healthy Breakfast							

WEEKLY REVIEW / REFLECTION