

MORNING ROUTINE SUCCESS

Week Of: _____ Goal: _____

HABIT / TASK	TIME	M	T	W	T	F	S	S
Wake up on first alarm	06:00							
Hydrate (500ml water)	06:10							
Meditation / Breathing	06:15							
Physical Movement	06:30							
Deep Work / Study	07:15							
Healthy Breakfast	08:30							

WEEKLY REFLECTIONS