Morning routine checklist

Six things before the day gets going. Tick the days.

WEEK OF

UP AT

EACH DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Up at the same time	☐	☐	☐	☐	☐	☐	☐
A glass of water	☐	☐	☐	☐	☐	☐	☐
Daylight for five minutes	☐	☐	☐	☐	☐	☐	☐
Move for ten minutes	☐	☐	☐	☐	☐	☐	☐
Protein at breakfast	☐	☐	☐	☐	☐	☐	☐
Plan the day in one line	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

WHAT MADE THE GOOD MORNINGS GOOD

Not medical advice. Get your doctor's OK before you start.