

Morning Routine Checklist

It's how to start your day!

To Do The Night Before:

- Write Your To Do List For The Next Day
- Plan & Layout Your Outfit
- Plan Your Lunch
- Laptop, Purse/Bag & Keys by the door
- _____
- _____
- _____

Determine a Daily Wake Up Time

- I will wake up at _____

Morning Habits to Follow:

- Make Your Bed
- Personal Hygiene
- 10-15 Minutes of Personal Time
- Avoid social media/email/phone usage
- _____

Healthy Habits to Follow:

- Eat a healthy breakfast
- Daily Morning Stretching
- Avoid social media/email/phone usage
- Drink a Glass of Water
- _____