## **Weekly Morning Routine Tracker**

Track your morning routine for the week. Check off each item daily to stay consistent and mindful.

Routine	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drink a glass of water							
Quick stretch or 2-minute movement							
1 minute of deep breathing or mindfulness							
Write down 1 goal or intention							
Review your schedule							
Positive affirmation or gratitude							
Self-care (wash face, apply balm, etc.)							
No phone before routine							