



DAILY ROUTINE TRACKER



Small steps every day lead to big results.

NAME: _____

DATE: _____

TIME	ACTIVITY / TASK	COMPLETED						
		MON	TUE	WED	THU	FRI	SAT	SUN
 6:00 AM	Wake Up	☐	☐	☐	☐	☐	☐	☐
 6:15 AM	Drink Water	☐	☐	☐	☐	☐	☐	☐
 6:30 AM	Exercise	☐	☐	☐	☐	☐	☐	☐
 7:00 AM	Freshen Up	☐	☐	☐	☐	☐	☐	☐
 7:30 AM	Healthy Breakfast	☐	☐	☐	☐	☐	☐	☐
 8:00 AM – 1:00 PM	Study / Classes	☐	☐	☐	☐	☐	☐	☐
 1:00 PM	Lunch	☐	☐	☐	☐	☐	☐	☐
 2:00 PM – 5:00 PM	Study / Assignments	☐	☐	☐	☐	☐	☐	☐
 5:00 PM	Break Time	☐	☐	☐	☐	☐	☐	☐
 5:30 PM – 7:30 PM	Revision / Self Study	☐	☐	☐	☐	☐	☐	☐
 7:30 PM	Dinner	☐	☐	☐	☐	☐	☐	☐
 8:30 PM	Time with Family / Personal Time	☐	☐	☐	☐	☐	☐	☐
 9:30 PM	Plan for Tomorrow / Journal	☐	☐	☐	☐	☐	☐	☐
 10:30 PM	Sleep	☐	☐	☐	☐	☐	☐	☐

NOTES

Consistency
is key!

