



DAILY

MORNING ROUTINE



TRACKER

Good habits in the morning lead to a great day! ♥

MY MORNING ROUTINE	MON	TUE	WED	THU	FRI	SAT	SUN
 Wake up on time	☐	☐	☐	☐	☐	☐	☐
 Drink a glass of water	☐	☐	☐	☐	☐	☐	☐
 Do some exercise / stretching	☐	☐	☐	☐	☐	☐	☐
 Take a bath & get fresh	☐	☐	☐	☐	☐	☐	☐
 Eat a healthy breakfast	☐	☐	☐	☐	☐	☐	☐
 Prepare my bag & school supplies	☐	☐	☐	☐	☐	☐	☐
 Review my plan for the day	☐	☐	☐	☐	☐	☐	☐
 Positive mindset & be grateful	☐	☐	☐	☐	☐	☐	☐

NOTES ♥



Small steps
every morning,
big wins
every day!

