



DAILY ROUTINE

Tracker



GOOD HABITS TODAY, BETTER YOU TOMORROW.

WEEK OF: _____

MY DAILY ROUTINE	MON	TUE	WED	THU	FRI	SAT	SUN
 Wake up on time Start the day right.	☐	☐	☐	☐	☐	☐	☐
 Stay hydrated Drink a glass of water.	☐	☐	☐	☐	☐	☐	☐
 Be active Exercise or stretch for 20–30 minutes.	☐	☐	☐	☐	☐	☐	☐
 Focus in classes Listen, participate, and take notes.	☐	☐	☐	☐	☐	☐	☐
 Complete homework Do my best and submit on time.	☐	☐	☐	☐	☐	☐	☐
 Stay organized Keep my bag, desk and notes tidy.	☐	☐	☐	☐	☐	☐	☐
 Take care of myself Relax, read, or do something I enjoy.	☐	☐	☐	☐	☐	☐	☐
 Sleep on time Get 8–9 hours of sleep.	☐	☐	☐	☐	☐	☐	☐

TODAY'S TOP 3 PRIORITIES

1. _____
2. _____
3. _____

NOTES

SMALL STEPS
EVERY DAY
LEAD TO
BIG RESULTS.

☆ BE CONSISTENT. BE DISCIPLINED. BE PROUD OF YOUR PROGRESS. ✓