

DAILY ROUTINE TRACKER

Consistent today, successful tomorrow.



“ DISCIPLINE
TODAY
FREEDOM
TOMORROW.
”

DATE: _____

DAILY HABITS	MON	TUE	WED	THU	FRI	SAT	SUN
Wake up early Start the day with intention.	☐	☐	☐	☐	☐	☐	☐
Hydrate Drink water first thing.	☐	☐	☐	☐	☐	☐	☐
Exercise / Move 30 minutes to energize your body.	☐	☐	☐	☐	☐	☐	☐
Focus Session Deep work / study without distractions.	☐	☐	☐	☐	☐	☐	☐
Attend Classes Be present and engaged.	☐	☐	☐	☐	☐	☐	☐
Complete Assignments Stay on top of deadlines.	☐	☐	☐	☐	☐	☐	☐
Plan Tomorrow Review tasks and schedule.	☐	☐	☐	☐	☐	☐	☐
Personal Time Relax, read or do what you enjoy.	☐	☐	☐	☐	☐	☐	☐
Sleep on Time Aim for 7-8 hours of quality sleep.	☐	☐	☐	☐	☐	☐	☐

★ TOP 3 PRIORITIES TODAY

1. _____
2. _____
3. _____



NOTES / REMINDERS

END OF DAY REFLECTION ♥

What went well today?

What can I improve tomorrow?

I'm grateful for:



SMALL ACTIONS EVERY DAY LEAD TO BIG RESULTS.

