Morning Checklist

WEEK OF

MORNING CHECKLIST	M	T	W	T	F	S	S
WAKE UP ON TIME	☐	☐	☐	☐	☐	☐	☐
MORNING JOURNALING	☐	☐	☐	☐	☐	☐	☐
DRINK WATER	☐	☐	☐	☐	☐	☐	☐
EAT BREAKFAST	☐	☐	☐	☐	☐	☐	☐
SHOWER	☐	☐	☐	☐	☐	☐	☐
BRUSH TEETH	☐	☐	☐	☐	☐	☐	☐
EXERCISE OR MEDITATE	☐	☐	☐	☐	☐	☐	☐
PLAN MY DAY	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐