Daily Routine Checklist

Morning, daytime and evening — one page for the whole week.

Week of _____ **This week I want to feel** _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Up without hitting snooze							
Drink a glass of water							
Make the bed							
Stretch or move for 10 minutes							
Eat a real breakfast							
Check today's top 3 priorities							
Daytime							
Do the hardest task first							
Take a proper lunch break							
Get outside for 15 minutes							
Drink 8 glasses of water							
Move your body							
Tidy your workspace							
Evening							
Dinner at the table							
10-minute tidy							
Prep clothes & bag for tomorrow							
Screens off an hour before bed							
Write down one good thing							
Lights out on time							