

morning routine tracker

WEEK _____

THIS WEEK'S GOAL:

monday

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

tuesday

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

wednesday

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

thursday

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

friday

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

saturday

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

sunday

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

next week

- _____
- _____
- _____
- _____
- _____

NOTES: