

morning routine tracker

WEEK

THIS WEEK'S GOAL:

monday

- drink a glass of water
- move your body
- find your goal for today
- spend 1 hour on your goal
- be proud of yourself

tuesday

- drink a glass of water
- move your body
- find your goal for today
- spend 1 hour on your goal
- be proud of yourself

wednesday

- drink a glass of water
- move your body
- find your goal for today
- spend 1 hour on your goal
- be proud of yourself

thursday

- drink a glass of water
- move your body
- find your goal for today
- spend 1 hour on your goal
- be proud of yourself

friday

- drink a glass of water
- move your body
- find your goal for today
- spend 1 hour on your goal
- be proud of yourself

saturday

- drink a glass of water
- move your body
- find your goal for today
- spend 1 hour on your goal
- be proud of yourself

sunday

- drink a glass of water
- move your body
- find your goal for today
- spend 1 hour on your goal
- be proud of yourself

next week

NOTES: