

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: