

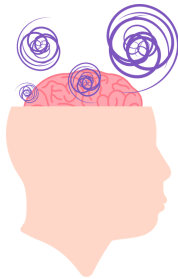


Student Name: _____

Obtain Marks: _____

Morning Routine Checklist

Routine & Structure



	MON	TUE	WED	THU	FRI	SAT	SUN
Wake up early							
Hydrate							
Stretch or Excercise							
Practice Mindfullness							
Eat a healthy breakfast							
Plan your day							
Personal hygiene							
Avoid technology							
Positive Affirmation							