

Achieve Results Now

Morning Routine Planner

A great morning starts with a great plan. Use this checklist to fill your morning with game changing tasks that will help you Achieve Results Now!

Task	M	T	W	T	F	S	S	Time

Instructions:

1. Fill in the task column with the actions that you want to include in your morning routine. Remember to add things like hydration, movement, and breathing.
2. Fill in how long you think each task will take. Adding up the “Time” column will give you an estimate of how long your morning routine will take and help you determine what time you should wake up.
3. Give yourself a check in the day columns for every day you complete the task. The goal is progress, not perfection, so if you miss a day, just start again the next day.