Morning Routine Checklist Example

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	[x] wake up	[] wake up	[] wake up	[] wake up	[] wake up	[] wake up	[] wake up
7:15 AM	[x] brush teeth [x] drink water [x] start coffee pot	[] brush teeth [] drink water []put on gym clothes	[] brush teeth [] drink water [] start coffee pot	[] brush teeth [] drink water []put on gym clothes	[] brush teeth [] drink water [] start coffee pot	[] brush teeth [] drink water [] start coffee pot	[] brush teeth [] drink water []put on gym clothes
7:30 AM	[] shower [] get dressed [] grooming	[]30 minutes of running on tredmill	[] shower [] get dressed [] grooming	[]30 minutes of weight trainingl	[] shower [] get dressed [] grooming	[] prepare and eat breakfast	[] 30 mins of yoga
7:45 AM							
8:00 AM	[] prepare and eat breakfast	[] prepare and eat breakfast	[] prepare and eat breakfast	[] prepare and eat breakfast	[] prepare and eat breakfast	[] shower [] get dressed [] grooming	[] shower [] get dressed [] grooming
8:15 AM							
8:30 AM	[] 15 minute meditation	[] shower [] get dressed [] grooming	[] 15 minute meditation	[] shower [] get dressed [] grooming	[] 15 minute meditation	[] 15 minute meditation	[] prepare and eat breakfast
8:45 AM	[] 15 minutes of streaching		[] 15 minutes of streaching		[] 15 minutes of streaching	[] 15 minutes of streaching	
9:00 AM	head out for	gather work materials and head out for the day	[] gather work materials and head out for the day	gather work materials and head out for the day	[] gather work materials and head out for the day	[] 15 minutes of journaling	[] 15 minutes of setting weekly intentions

Nightitme Routine Checklist Example

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	[] reflect on	[] reflect on	[] reflect on	[] reflect on	[] reflect on	[] reflect on	[] reflect on
	the days	the days	the days	the days	the days	the days	the days
	accomplishm	accomplishm	accomplishm	accomplishm	accomplishm	accomplishm	accomplishm
	nets	nets	nets	nets	nets	nets	nets
	[] set	[] set	[] set	[] set	[] set	[] set	[] set
	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
	table []	table []	table []	table []	table []	table []	table []
	make lunch	make lunch	make lunch	make lunch	make lunch	make lunch	make lunch
	for tomorrow	for tomorrow	for tomorrow	for tomorrow	for tomorrow	for tomorrow	for tomorrow
	[] clean and	[] clean and	[] clean and	[] clean and	[] clean and	[] clean and	[] clean and
	clear away	clear away	clear away	clear away	clear away	clear away	clear away
	clutter	clutter	clutter	clutter	clutter	clutter	clutter
	[] pick out	[] pick out	[] pick out	[] pick out	[] pick out	[] pick out	[] pick out
	outfit for next	outfit for next	outfit for next	outfit for next	outfit for next	outfit for next	outfit for next
	day	day	day	day	day	day	day
	[] wash face	[] wash face	[] wash face	[] wash face	[] wash face	[] wash face	[] wash face
	[] plan out	[] plan out	[] plan out	[] plan out	[] plan out	[] plan out	[] plan out
	what goals to	what goals to	what goals to	what goals to	what goals to	what goals to	what goals to
	prioritze	prioritze	prioritze	prioritze	prioritze	prioritze	prioritze
	tomorrow	tomorrow	tomorrow	tomorrow	tomorrow	tomorrow	tomorrow
	[] 15 minutes of meditation	[] 15 minutes of meditation	[] 15 minutes of meditation	[] 15 minutes of meditation	[] 15 minutes of meditation	[] 15 minutes of meditation	[] 15 minutes of meditation
	[] Go to sleep	[] Go to sleep	[] Go to sleep	[]Go to sleep	[] Go to sleep	[] Go to sleep	[]Go to sleep

Create Your Own Morning Routine Checklist

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Create Your Own Nighttime Routine Checklist

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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