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 [lput 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 | $[1$ shower 0 get dressed $[$ grooming | [130 minutes of running on tredmill | $\left[\begin{array}{l}\text { [] shower } \\ {[] \text { get }} \\ \text { dressed } \\ \text { [] grooming }\end{array}\right.$ | []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 | [] 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 | [] gather work materials and head out for the day | [] 15 minutes of journaling | $\begin{aligned} & 015 \text { minutes } \\ & \text { of setting } \\ & \text { weekly } \\ & \text { intentions } \end{aligned}$ |

Nightitme Routine Checklist Example


## Create Your Own Morning Routine Checklist



Create Your Own Nighttime Routine Checklist


