

MORNING ROUTINE

Checklist

WAKE UP AND
STRETCH

S	M	T	W	TH	F	SA
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MAKE YOUR
BED

S	M	T	W	TH	F	SA
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GET
DRESSED

S	M	T	W	TH	F	SA
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EAT
BREAKFAST

S	M	T	W	TH	F	SA
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CLEAN
UP

S	M	T	W	TH	F	SA
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BRUSH YOUR
TEETH

S	M	T	W	TH	F	SA
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BRUSH YOUR
HAIR

S	M	T	W	TH	F	SA
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GET READY FOR
THE DAYS TASKS

S	M	T	W	TH	F	SA
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