

Healthy Morning Routine

What time will you wake and what time do you need to go to bed for good sleep?

Wake time: _____

Sleep time: _____

What activities would you like to include in your morning routine and why?

- _____
- _____
- _____
- _____
- _____

What do you need to do the night before to prepare for your morning routine?

- _____
- _____
- _____
- _____
- _____

Use the chart below to track your progress over a week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Completed							
How do I feel after my routine?							
What is working?							
What isn't?							