

# Morning & Evening Routine Page

Bookend the day: what happens before the world starts, and what closes it down.

WEEK OF

WAKE TIME

LIGHTS OUT

## Morning routine

- ☐ Wake at the same time
- ☐ Water before caffeine
- ☐ Move for ten minutes
- ☐ Make the bed
- ☐ Eat something real
- ☐ Review today's top three
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

MORNING ANCHOR — THE ONE STEP THAT STARTS IT ALL

\_\_\_\_\_

## Evening routine

- ☐ Kitchen reset
- ☐ Tomorrow's clothes out
- ☐ Bag and keys by the door
- ☐ Screens down
- ☐ Tomorrow's top three written
- ☐ Read for ten minutes
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

SHUTDOWN PHRASE — HOW YOU KNOW THE DAY IS CLOSED

\_\_\_\_\_

## Seven-day check

|                      | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------------------|-----|-----|-----|-----|-----|-----|-----|
| Morning routine done |     |     |     |     |     |     |     |
| Evening routine done |     |     |     |     |     |     |     |

Missing one day is data. Missing three in a row means the routine is too long — cut it in half rather than restarting it.