

Morning Routine Tracker

Build the first hour of the day, then track it for a month.

MONTH

TARGET WAKE TIME

My morning routine, in order

STEP	WHAT IT IS	MINUTES
1		
2		
3		
4		
5		
6		

Thirty-one days

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Woke on time																															
Step 1																															
Step 2																															
Step 3																															
Step 4																															
Step 5																															
Step 6																															
Whole routine																															

Review

ROUTINE COMPLETED

STEP THAT KEEPS FAILING

CUT OR MOVE IT TO