

## Morning Routine Tracker (7-Day Printable)

Time	Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	Wake Up Early	■	■	■	■	■	■	■
6:15	Drink Water	■	■	■	■	■	■	■
6:30	Exercise / Yoga	■	■	■	■	■	■	■
6:50	Meditation	■	■	■	■	■	■	■
7:00	Journaling	■	■	■	■	■	■	■
7:15	Prayers to the Supreme	■	■	■	■	■	■	■
7:30	Healthy Breakfast	■	■	■	■	■	■	■

### ■ Weekly Reflection

What worked well this week?

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What needs improvement?

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Habit score this week (out of 7 per habit):

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