MORNING ROUTINE CHART

Name _____ Week of _____ Leave by _____

Morning step	1	2	3	4	5	6	7
Wake up, drink water (5 min)							
Toilet, wash face (5 min)							
Get dressed (10 min)							
Make bed (2 min)							
Eat breakfast (15 min)							
Brush teeth (3 min)							
Hair, sunscreen (5 min)							
Pack bag and lunch (5 min)							
Shoes and coat (3 min)							
Keys, phone, water bottle (2 min)							

Edit any step, add your own times, and tick each box as you finish. Add up the minutes to find your wake-up time.

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