

your ACHIEVEMENT ALLY

MORNING ROUTINE TRACKER

A consistent morning routine sets the foundation for success by instilling purpose and control from the start, boosting productivity, reducing stress, and supporting a positive mindset. Here are the **9 ESSENTIALS** to help set you up for long-term success.

PLAN AHEAD Review and organize tasks and goals the day before to prioritize and reduce stress.

PM PREP Prepare essentials like breakfast and lunch the night before. Don't forget to set out your workout clothes.

CONSISTENT SLEEP Maintain a consistent sleep schedule of 7+ hours per night for optimal health and function.

HYDRATE UPON WAKING Start the day with 8 ounces of water to boost metabolism and mental clarity.

MORNING EXERCISE Engage in a 20-30-minute exercise routine to energize.

GRADITUDE PRACTICE Spend a few minutes writing down what you are thankful for to support a positive mindset.

LEARN + GROW Read or listen to content that ignites your passion to learn and leaves you craving more.

SPIRITUAL CONNECTION Include minutes for meditation or prayer for inner peace and mindfulness.

NUTRITIOUS BREAKFAST Fuel your body with a balanced breakfast for sustained energy.

How to create a personalized morning routine Start by picking one or two actionable tasks from the 9 essentials at the top of the tracking sheet. Calculate the weekly frequency needed for each task, starting with a manageable number to prevent burnout with the strategy of increasing over time. For example, exercise 4 days a week. Since there are 4 weeks in a month, multiply the weekly frequency by 4 to get the total for the month. Add the total (e.g., "16") at the bottom of the column on the row designated for your "goal". And track your progress.

At the end of the month, add up the completed tasks and record the results at the bottom. By dividing your actual by your goal you get your success percentage. Aim to increase your goal each week, gradually reaching 95% completion or higher, consistently. I recommend beginning with exercise and breakfast. After all, nutrition and movement are foundational for living a healthy lifestyle.

As you create one habit, add another and another over time until you have personalized a morning routine that works for you. Don't be in a hurry. Mastering one actionable task at a time will lead you to long-term success.

	plan ahead	pm prep	Consistent sleep	hydrate upon waking	morning exercise	gratitude practice	learn + grow	spiritual connection	nutritious breakfast
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have questions?

scan the QR code.

