Morning routine checklist

Week of _____

Pick one routine for the week. Tick a box each morning you finish it. On a bad night, run the 10-minute floor and tick it too.

10 minutes: busy days and bad nights

	M	T	W	T	F	S	S
Get up at your set time (1 min)	☐	☐	☐	☐	☐	☐	☐
Open the blinds, drink water by the window (3 min)	☐	☐	☐	☐	☐	☐	☐
Move: 20 squats, a lap of the block or a stretch (3 min)	☐	☐	☐	☐	☐	☐	☐
Write your one task for today (2 min)	☐	☐	☐	☐	☐	☐	☐
Buffer (1 min)	☐	☐	☐	☐	☐	☐	☐

30 minutes: most days

	M	T	W	T	F	S	S
Get up at your set time (1 min)	☐	☐	☐	☐	☐	☐	☐
Water and light by a window or the door (4 min)	☐	☐	☐	☐	☐	☐	☐
Walk outside (10 min)	☐	☐	☐	☐	☐	☐	☐
Breakfast if you are hungry (8 min)	☐	☐	☐	☐	☐	☐	☐
Plan your top 3 with a start time each (5 min)	☐	☐	☐	☐	☐	☐	☐
Buffer (2 min)	☐	☐	☐	☐	☐	☐	☐

60 minutes: when you have the time

	M	T	W	T	F	S	S
Get up at your set time (1 min)	☐	☐	☐	☐	☐	☐	☐
Water and light (4 min)	☐	☐	☐	☐	☐	☐	☐
Walk, run or train, outside when you can (20 min)	☐	☐	☐	☐	☐	☐	☐
Breakfast (10 min)	☐	☐	☐	☐	☐	☐	☐
One thing for you: read, practice, build (15 min)	☐	☐	☐	☐	☐	☐	☐
Plan your day (5 min)	☐	☐	☐	☐	☐	☐	☐
Buffer (5 min)	☐	☐	☐	☐	☐	☐	☐

Your own routine

	M	T	W	T	F	S	S
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Tonight, set up tomorrow

☐ Clothes out ☐ Water glass filled ☐ Shoes by the door ☐ Task on a note ☐ Alarm out of reach

Times cover the routine itself. Add your shower, teeth and getting dressed where they already sit. getonepercent.app/blog/morning-routine