

MORNING ROUTINE TRACKER

Tiny mornings, stacked.

STARTING _____

7-DAY RUN _____

01 Max five items.

Morning is not the place for Miracle Morning.

02 Three checks = done.

The other two are optional forever.

03 Hardest first.

Before the phone. Before the scroll.

MORNING HABIT	M	T	W	T	F	S	S	Σ
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WHAT WORKED

WHAT TO DROP

NEXT 7 DAYS