

# Morning Routine Checklist for Adults

## Night Before

- ☒ Disconnect from electronics 1 hour before sleep
- ☒ Write down 1 to 3 priorities for tomorrow
- ☒ Ensure 8 hours of sleep planned
- ☒ Set a non-phone alarm, keep the phone away from the bed
- ☐ Add a personal goal:

## Morning Routine

### 1. Eat Right

- ☒ Hydrate with 12 oz of water, a pinch of sea salt, and ¼ lemon
- ☒ Eat 30 grams of protein within 30 mins of waking
- ☒ Delay coffee until after eating breakfast
- ☐ Prefer protein-rich foods, minimize carbs
- ☐ Add a personal goal:

### 2. Move

- ☒ Engage in light physical activity (e.g., yoga, walking)
- ☒ Stretch or do a quick series of flexibility exercises
- ☐ Incorporate a short strength training routine, using bodyweight exercises
- ☒ Go for a brisk outdoor walk or bike ride for fresh air and sunlight
- ☐ Add a personal goal:

### 3. Learn

- ☒ Read or listen to something inspirational or educational
- ☒ Journal for 5-10 minutes on gratitude or goals
- ☒ Practice a foreign language for 10-15 minutes
- ☒ Listen to a podcast or audiobook relevant to your personal or professional growth
- ☐ Add a personal goal:

### 4. Plan

- ☒ Review your goals for the day and list three most important tasks to achieve these goals.
- ☒ Schedule your day ahead
- ☒ Add a personal goal: Reevaluate monthly goals

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**Stephen Windwalker**

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