

DAILY ROUTINE

DAILY ROUTINE

MORNING ROUTINE

TIME	TASK / ACTIVITY	S	M	T	W	T	F	S	NOTES
5AM	15 MIN MEDITATION	☐	☐						
	30 MIN JOURNALING	☐	☐						
	30 MIN READING OR WRITING	☐	☐						
	30 MIN FITNESS	☐	☐						
7AM	15 MIN DRESS	☐	☐						

AFTERNOON ROUTINE

TIME	TASK / ACTIVITY	S	M	T	W	T	F	S	NOTES
8:45AM	15 MIN DUMBBELLS	☐	☐						
9AM - 12PM	3 HR POWER WORK	☐	☐						WORKING
12PM	30 MIN HEALTHY LUNCH	☐	☐						MEET WITH KID
12:30-2:30PM	THE WORK & TRACKING	☐	☐						
3-3:30PM	30 MIN WALKING OUTSIDE	☐	☐						

EVENING ROUTINE

TIME	TASK / ACTIVITY	S	M	T	W	T	F	S	NOTES
5 - 6:30PM	COOKING & DINNER WITH FAMILY	☐	☐						
7:30PM	30 MIN WITH KID	☐	☐						
8:30PM	30 MIN WORKOUT	☐	☐						
9:00PM	15 MIN CLEANING & 15 MIN DISHWASHING	☐	☐						
9:30PM	30 MIN SHOWER & SKINCARE	☐	☐						

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UPLIFTING PLANNER

Ipad Morning Routine This Week

Zhe Xu



Ipad Morning Routine This Week:

Ipad Morning Routine This Week Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Ipad Morning Routine This Week**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

https://intelliborn.com/data/book-search/HomePages/Science_Experiments_Ideas.pdf

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