

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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Morning Routine Ipad Top

Adam Rockman



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