

Routine CHECKLIST

Night

- Make coffee at night with timer for ___ am
- Have lunch ready for next day
- Pick out gym & work out clothes
- Pack gym bag

Morning

- Wash face/Brush Teeth etc
- Put gym clothes on
- Prepare coffee and snack to go
- Grab gym bag & work bag & LUNCH
- Leave to gym by 5:15am

TODAY IS A GOOD DAY

for a good day!