Morning routine checklist

Tick each one off. The first box is the one everything else depends on.

	M	T	W	T	F	S	S
GET UP							
☐ Out of bed when the alarm rings No snooze. Feet on the floor.	☐	☐	☐	☐	☐	☐	☐
☐ Same time as yesterday Weekends within an hour.	☐	☐	☐	☐	☐	☐	☐
WAKE YOUR BODY							
☐ Daylight for 5 to 10 minutes Window open, balcony or a short walk.	☐	☐	☐	☐	☐	☐	☐
☐ A glass of water	☐	☐	☐	☐	☐	☐	☐
☐ Move for 2 minutes Push-ups, stretches, a lap of the block.	☐	☐	☐	☐	☐	☐	☐
GET READY							
☐ Wash and get dressed Out of the clothes you slept in.	☐	☐	☐	☐	☐	☐	☐
☐ Breakfast Or at least something, not just coffee.	☐	☐	☐	☐	☐	☐	☐
SET THE DAY							
☐ Pick today's one important task Write it down before you open any app.	☐	☐	☐	☐	☐	☐	☐
☐ Phone stays off social media until it's done	☐	☐	☐	☐	☐	☐	☐
YOUR OWN							
☐ _____	☐	☐	☐	☐	☐	☐	☐
☐ _____	☐	☐	☐	☐	☐	☐	☐
☐ _____	☐	☐	☐	☐	☐	☐	☐

Can't get past the first box?
Ryze is an iPhone alarm that won't stop until you finish a mission.