

MORNING ROUTINE

CHECKLIST

Complete each activity in order for 10 minutes each

1. Positive Activity



2. Movement



3. Today's To-Do List:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

4. Notes

