Morning Routine Habit Tracker Printable

Preview: file inventory and watermarked sample pages. Not the full product.

Files in the download

Morning-Routine-Habit-Tracker-US-Letter.pdf
Print-ready US Letter PDF, 4 pages.

Morning-Routine-Habit-Tracker-A4.pdf
Print-ready A4 PDF, 4 pages, same layout re-flowed for A4.

Morning-Routine-Habit-Tracker-Sample-Preview.png
Sample page rendered at 300 dpi (2550 x 3300 px).

PRINTING.txt
Print settings, tips and license summary.

Morning routine builder

Each start time = previous start + previous minutes

EXAMPLE ROUTINE

START	STEP	MINUTES
6:30	Wake up, open curtains	5
6:35	Glass of water	3
6:38	Stretch	10
6:48	Shower & dress	15
7:03	Breakfast	15
7:18	Review today's plan	5
7:23	Done - leave or start work	53 total

MY ROUTINE

START	STEP	MINUTES

Wake-up time _____ **Total minutes** _____ **Must be done by** _____

SAMPLE

30-day routine tracker

Write your routine steps in the left column

Start date _____

TICK EACH STEP YOU COMPLETED

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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SAMPLE

NOTES