My morning routine

Write the steps in the order you do them, then tick a box each morning. Half done counts too.

I wake up at _____ Ready by _____



Time	Step	M	T	W	T	F	S	S
_____	1 _____	☐	☐	☐	☐	☐	☐	☐
_____	2 _____	☐	☐	☐	☐	☐	☐	☐
_____	3 _____	☐	☐	☐	☐	☐	☐	☐
_____	4 _____	☐	☐	☐	☐	☐	☐	☐
_____	5 _____	☐	☐	☐	☐	☐	☐	☐
_____	6 _____	☐	☐	☐	☐	☐	☐	☐
_____	7 _____	☐	☐	☐	☐	☐	☐	☐
_____	8 _____	☐	☐	☐	☐	☐	☐	☐

☑ Done ☒ Half done

This week

What made it easy _____

What I will move or drop _____

☆ COREN K

Plan your week in the Corenk app
https://corenk.app/get?src=pdf-morning

My morning routine

Write the steps in the order you do them, then tick a box each morning. Half done counts too.

I wake up at _____ Ready by _____



Time	Step	M	T	W	T	F	S	S
_____	1 _____	☐	☐	☐	☐	☐	☐	☐
_____	2 _____	☐	☐	☐	☐	☐	☐	☐
_____	3 _____	☐	☐	☐	☐	☐	☐	☐
_____	4 _____	☐	☐	☐	☐	☐	☐	☐
_____	5 _____	☐	☐	☐	☐	☐	☐	☐
_____	6 _____	☐	☐	☐	☐	☐	☐	☐
_____	7 _____	☐	☐	☐	☐	☐	☐	☐
_____	8 _____	☐	☐	☐	☐	☐	☐	☐

☑ Done ☒ Half done

This week

What made it easy _____

What I will move or drop _____

☆ CORENK

Plan your week in the Corenk app
https://corenk.app/get?src=pdf-morning

How to use it *

1. Write the time you wake up and the time you need to be ready. The steps have to fit between the two.
2. Fill the steps in the order you do them, with the time each one starts. Three or four steps are enough for a first week; leave the other lines empty.
3. Each morning, tick the box of every step you did. Did half of it, a short walk instead of a long one? Draw half a tick: it still counts.
4. At the end of the week, write what made the mornings easy and which step you will move or drop. Then print a new page.

Print tips

- A4 and Letter pages are both in this file; print the one your printer takes.
- Prints fine in black and white. 100% scale, no fit-to-page.
- Works in GoodNotes and Notability too: import the PDF and write on it.

☆ CORENK

Plan your week in the Corenk app
https://corenk.app/get?src=pdf-morning