

routines

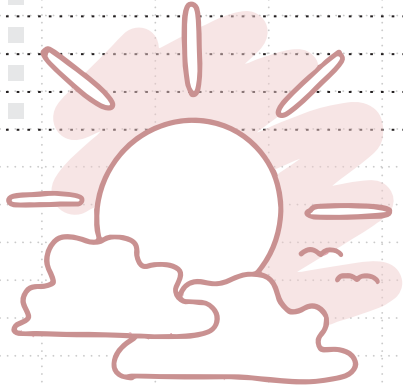
Morning

WAKE UP:

FOCUS

TIME	ACTIONS	IMPORTANCE
5:15AM		
5:30AM		
5:45AM		
6:00AM		
6:15AM		
6:30AM		
6:45AM		
7:00AM		
7:15AM		
7:30AM		
7:45AM		
8:00AM		

THINGS TO DO



TOTAL MIN:

Charlee Maree