

Morning Routine

5:00am

- ☒ Wake up
- ☒ Make bed
- ☒ Take medicine (lisinopril, vitamin C, bupropion, and probiotic)
- ☒ Brush teeth
- ☐ Dress for gym

5:15am

- ☒ Meditate for 15-20 minutes using Insight Timer

5:35am

- ☒ Make smoothie
- ☒ Make water

6:00am

- ☐ Gym
- ☐ Workout at home

7:00am

- ☐ Make breakfast and eat
- ☐ Drink hot water with lime and ginger 6oz

7:30am

- ☒ Shower and dress

8:30am

- ☒ At office desk and ready to work