Monday Morning Routine For Teens

A teens healthy morning routine written for teens by a teen



- [ ] Wake up and take a big gulp of water
- [ ] Get up and do a quick stretch
- [ ] Pick out clothes you feel confident in
- [ ] Change into school clothes and tie your hair up
- [ ] Wash your face then moisturize
- [ ] brush your teeth, and floss
- [ ] Put on any make up you usually wear
- [ ] let hair down and style it
- [ ] Get breakfast (Orange Juice, cereal, toast is what i prefer)
- [ ] Do a little work out if you have time

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