

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