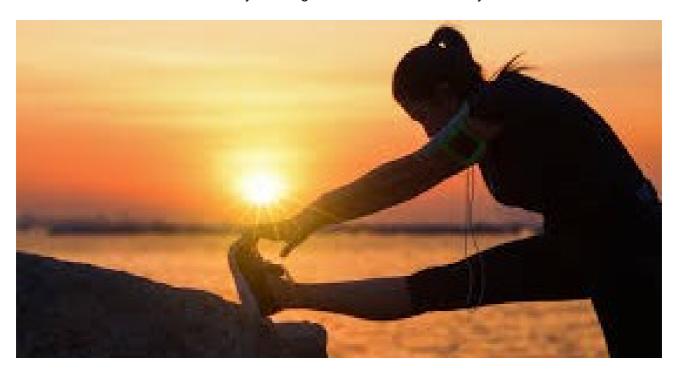
## **Monday Morning Routine For Teens**

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