

Daily Routine Template

Morning Routine:

- Wake-up time:
- Meditation (5–10 mins):
- Exercise:
- Top 3 priorities:
 - 1.
 - 2.
 - 3.

Work / Study Block:

- Main tasks:
- Meetings / Classes:
- Focus block:

Evening Routine:

- Wrap up tasks:
- Plan tomorrow:
- Habit tracking:

Workout ■ Reading ■ Journaling ■

Minimalist Daily Planner

Today's Date:

Top Priorities:

- 1.
- 2.
- 3.

Time-Blocked Schedule:

6 AM –

9 AM –

12 PM –

3 PM –

6 PM –

9 PM –

Notes & Ideas:

Wellness + Productivity Tracker

Morning Check-in:

- Mood:
- Sleep quality:
- Water intake goal:

Habits:

- Exercise
- Healthy meals
- Learning
- Breaks

Evening Reflection:

- Wins of the day:
- What needs improvement:
- Gratitude: