Morning routine checklist: free printable template

A calm start in under an hour, prepared the evening before.

What habit research keeps finding: prepare the evening before, keep a fixed order, and change one thing at a time.

Steps

- [ ] **Evening before: clothes, bag and tomorrow’s top three (10m)**
  Repeats every day
- [ ] **Morning routine**
  Repeats every day
  - [ ] Get up at the first alarm (5m)
  - [ ] Drink a glass of water (5m)
  - [ ] Move for ten minutes (10m)
  - [ ] Shower and get dressed (15m)
  - [ ] Breakfast without a screen (15m)
  - [ ] Look at today’s plan (5m)
- [ ] **Weekly check: what worked, and change one thing (10m)**
  Repeats every week

Free checklist from Plenzu, the calm to-do app that plans only what fits. Plan these steps on the right days:
plenzu.com/templates/morning-routine-checklist