



# Mastering Your Mornings

*Morning Tasks*

*Time Allotted*

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>6</b>		

*Total Time Needed* \_\_\_\_\_

*Evening Tasks*

*Time Allotted*

<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>6</b>		

*Total Time Needed* \_\_\_\_\_