

ROUTINE PLANNER

GUIDE

1

Set a time to wake up and go to bed - stick with the same time - even on the weekends

2

Create a morning ritual - breathe 5 count inhale and 7 count exhale- ten times - before getting out of bed; do mobility exercises/stretch/yoga

3

Set your meal times for every 3-4 hours - insert snacks into the relax and/or reset sections - make sure to put a snack in the reset section

4

Plan what you will do each relax and reset section - take at least a 5 minute break to get up, walk around, go outside, breathe, stretch etc

5

Chill Time - this is a critical time to wind down from the day with "you time" - workout, take a walk, do something fun, do absolutely nothing

6

PM Ritual - shut off all electronics at least an hour before bed, repeat a breathing x 10; yoga, stretching, any relaxing activity to get you ready for bed.