

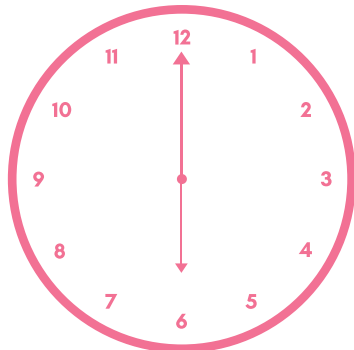


YOUR BEST NORMAL LIFE

5 TIME CLOCKS FOR A HEALTHY DAY

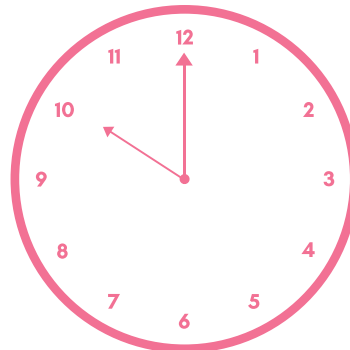
DRAW HANDS ON THE CLOCKS FOR YOUR BEST DAILY RHYTHM
"GOOD HABITS ARE AN INVESTMENT IN A HAPPIER AND HEALTHIER YOU"

THE IMPORTANT "BOOKENDS" OF YOUR DAY



RISE

6:00 AM

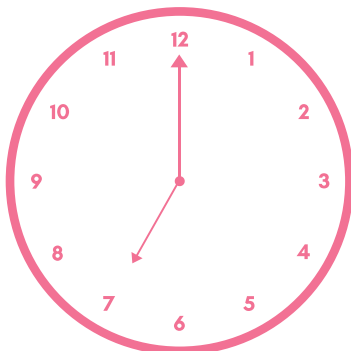


LIGHTS OUT

10:00 PM

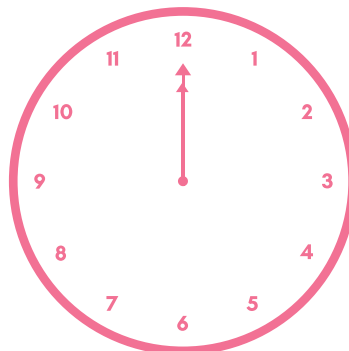
= 8
SLEEP
HOURS

= 16
AWAKE
HOURS



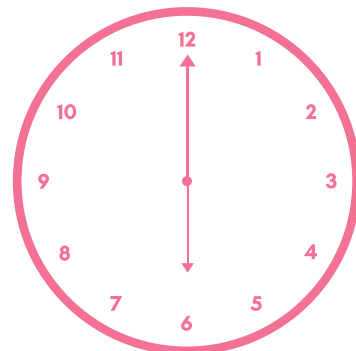
BREAKFAST

7:00 AM



LUNCH

12:00 PM



DINNER

6:00 PM

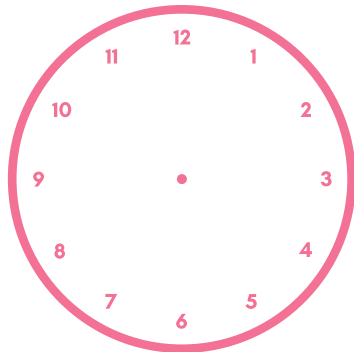


YOUR BEST NORMAL LIFE

5 TIME CLOCKS FOR A HEALTHY DAY

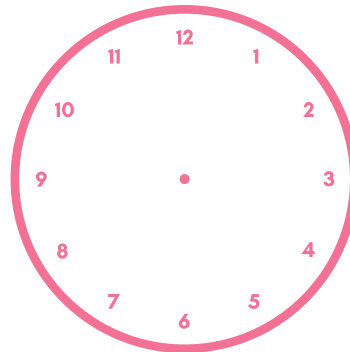
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RISE

AM

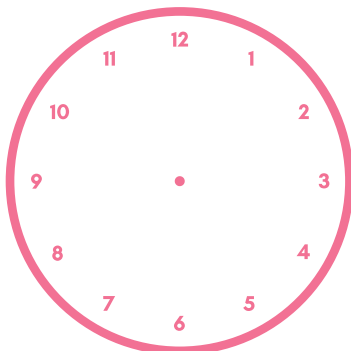


LIGHTS OUT

PM

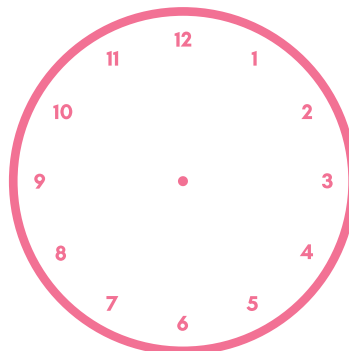
SLEEP HOURS

AWAKE HOURS



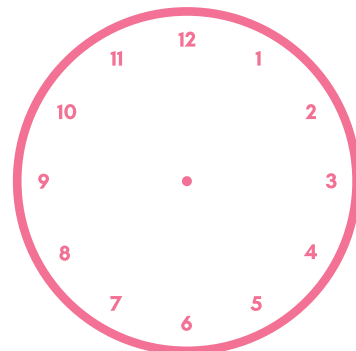
BREAKFAST

AM



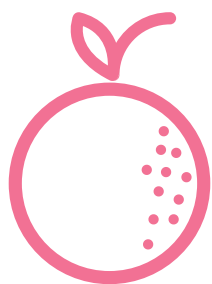
LUNCH

PM



DINNER

PM



MY BEST MORNING & EVENING ROUTINES



LIVE WELL, ENGAGE FULLY

MORNING ROUTINE

- Works best if I decide clothes the night before

TIME = 1.25 HOUR

BEDTIME ROUTINE

- Works best if I have a good book to read in bed

TIME = 45 MINUTES

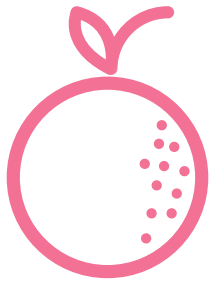
Build energizing Morning & relaxing Evening Routines to be at your BEST!
MORNING ROUTINE: Shave off 10 minutes a day and gain 30 hours a year!
EVENING ROUTINE: Release your cares at night so you can sleep well. :)

MORNING ROUTINE

1) WAKE UP, COFFEE	10 <i>Minutes</i>
2) SHOWER, DRESS	25 <i>Minutes</i>
3) HAIR, MAKEUP, BED	15 <i>Minutes</i>
4) EAT & CLEANUP KITCHEN	25 <i>Minutes</i>
5) TOTAL TIME	1.25 <i>Hour</i>

EVENING ROUTINE

1) PLAN TOMORROW	8:45 <i>Time</i>
2) CLOSE ELECTRONICS	9:00 <i>Time</i>
3) GET READY FOR BED	9:15 <i>Time</i>
4) READ / GRATITUDE	9:30 <i>Time</i>
5) LIGHTS OUT	10:00 <i>Time</i>



MY BEST MORNING & EVENING ROUTINES



LIVE WELL, ENGAGE FULLY

MORNING ROUTINE

TIME =

BEDTIME ROUTINE

TIME =

Build energizing Morning & relaxing Evening Routines to be at your BEST!
MORNING ROUTINE: Shave off 10 minutes a day and gain 30 hours a year!
EVENING ROUTINE: Release your cares at night so you can sleep well. :)

MORNING ROUTINE

EVENING ROUTINE

1)	
	<i>Minutes</i>

1)	
	<i>Time</i>

2)	
	<i>Minutes</i>

2)	
	<i>Time</i>

3)	
	<i>Minutes</i>

3)	
	<i>Time</i>

4)	
	<i>Minutes</i>

4)	
	<i>Time</i>

5)	
	<i>Minutes</i>

5)	
	<i>Time</i>