

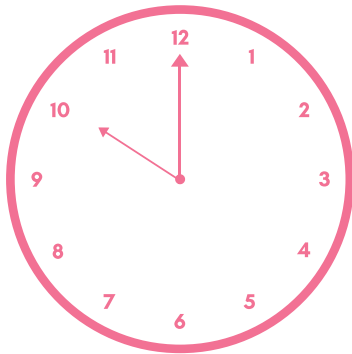


# MY 5 BEST TIME ROUTINES

## SCHEDULE GOOD HABITS FOR A GREAT DAY

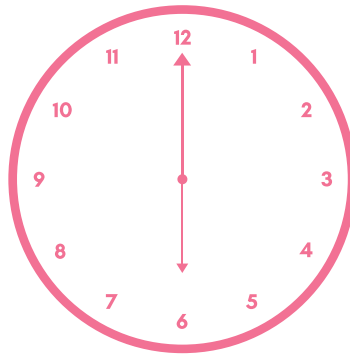
HERE'S A SAMPLE TO CREATE YOUR OWN BEST DAILY RHYTHM

5 GOOD TIME HABITS MULTIPLY INTO A HAPPIER AND HEALTHIER YOU!



LIGHTS OUT

10:00 PM

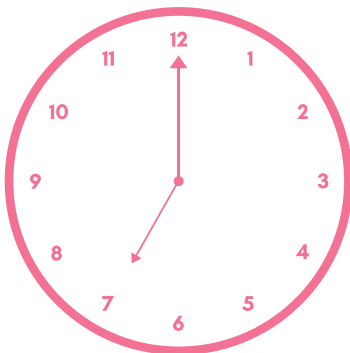


RISE

6:00 AM

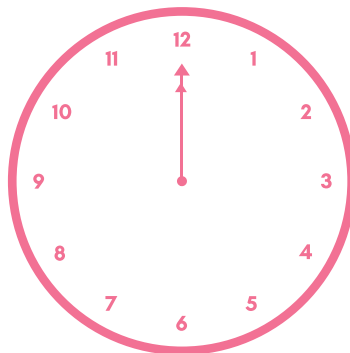
= 8  
SLEEP  
HOURS

= 16  
AWAKE  
HOURS



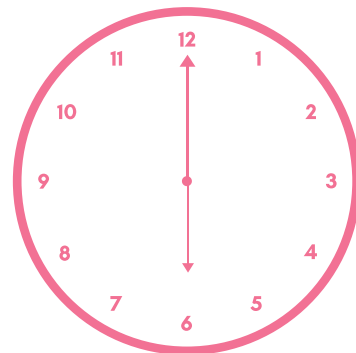
BREAKFAST

7:00 AM



LUNCH

12:00 PM



DINNER

6:00 PM

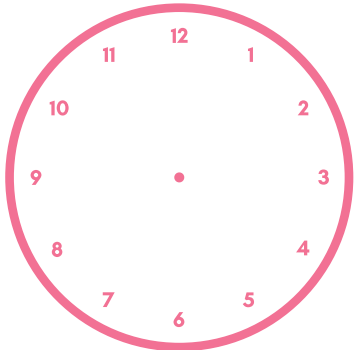


# MY 5 BEST TIME ROUTINES

## SCHEDULE GOOD HABITS FOR A GREAT DAY

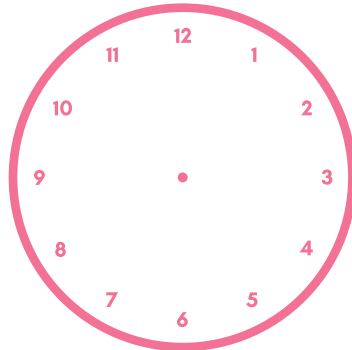
CREATE AND POST YOUR BEST DAILY ROUTINE TIMES

5 GOOD TIME HABITS MULTIPLY INTO A HAPPIER AND HEALTHIER YOU!



LIGHTS OUT

PM

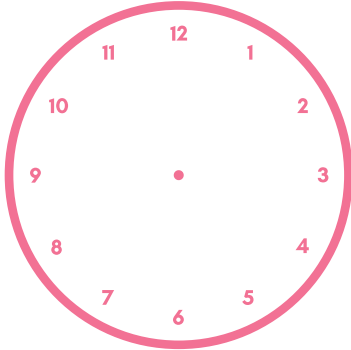


RISE

AM

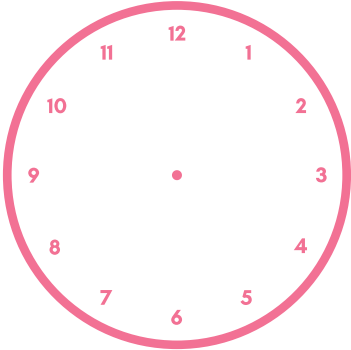
**=**  
**\_\_\_\_\_**  
SLEEP  
HOURS

**=**  
**\_\_\_\_\_**  
AWAKE  
HOURS



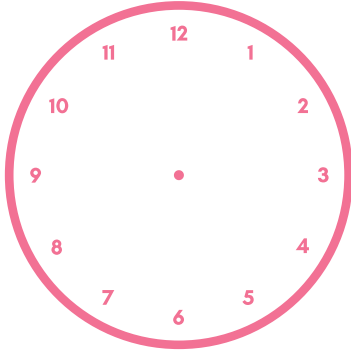
BREAKFAST

AM



LUNCH

PM



DINNER

PM