

MY QUARANTINE ROUTINE

DATE:

DAY:

WHAT TO INCORPORATE:

- MORNING ROUTINE
 - SOMETHING FOR THE BRAIN
 - SOMETHING FOR THE SOUL
 - TIME OUTSIDE
 - SOMETHING FOR THE BODY
 - SOMETHING PRODUCTIVE
 - SOMETHING FOR THE HEART
 - SOMETHING FUN
 - NIGHTTIME ROUTINE
 - SLEEP
-

NOTES:

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

3:30 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 AM

