7-day morning routine tracker

7-day morning routine tracker turns a broad intention into a sequence of actions you can record on paper. The 7 steps begin with observation, move into a small practical experiment, test an everyday constraint and finish with a review. Use the notes to choose your next action from evidence rather than a perfect streak. This one-week program is an observation sprint: find a workable first action.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯			

Mark completed days; after a missed day, continue with the current task.



Template page

Daily tasks and notes

▫ Day 1

Observe the first ten minutes after waking. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to observe the first ten minutes after waking, and which condition helped?

▫ Day 2

Notice what prompts your first phone check. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to notice what prompts your first phone check, and which condition helped?

▫ Day 3

Put a glass and water out the night before. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to put a glass and water out the night before, and which condition helped?

▫ Day 4

Open the curtains before checking notifications. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to open the curtains before checking notifications, and which condition helped?

▫ Day 5

Try one comfortable movement after getting up. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to try one comfortable movement after getting up, and which condition helped?

▫ Day 6

Name one priority before opening your inbox. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to name one priority before opening your inbox, and which condition helped?

Daily tasks and notes

▫ Day 7

Compare two mornings and keep one useful ritual. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to compare two mornings and keep one useful ritual, and which condition helped?

Reflection and next step

How to use

1. Choose one personal goal for morning routine before you print. Describe an action you want to notice in everyday life, rather than an ambitious outcome you cannot check directly.
2. Keep the overview and task pages together somewhere you will see them. Read the next task in advance and reserve a realistic time slot, including a smaller backup slot for a busy day.
3. Mark the day after you try its action. Answer the note question in one concrete sentence: what you did, what happened, or which obstacle deserves another experiment.
4. After a missed day, keep your completed marks. Resume at the next unfinished task and change one practical condition that got in your way, such as timing, materials or the size of the action.

Which actions helped? What will I simplify next time? Which small step will I take tomorrow?

Keep practising

If you want more structured practice after morning routine, explore the available Sprintcourse mini-courses and choose a relevant direction. There is no dedicated course for this particular program yet. You can complete the tracker on its own without an account or subscription.

https://sprintcourse.com/en/templates/challenge-trackers/7-day-morning-routine/