

# SIMPLIFY YOUR MORNINGS

## August 2015



## INSTRUCTIONS

- 1) IF YOU WOULD LIKE TO USE THE FILLABLE ROUTINE TRACKER, DOWNLOAD AND INSTALL THE FONT AMATIC FROM [FONTSQUIRREL.COM](http://fontsquidrel.com). IT IS COMPLETELY FREE.
- 2) MAKE SURE TO OPEN YOUR FILE WITH THE FREE ADOBE READER PROGRAM IF YOU'RE HAVING ANY TROUBLE TYPING IN IT. ([GET.ADOBE.COM/READER](http://get.adobe.com/reader))

# SIMPLIFY YOUR MORNINGS

## August 2015



### MORNING ROUTINE



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

### EVENING ROUTINE



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

# SIMPLIFY YOUR MORNINGS

August 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MORNING ROUTINE

EVENING ROUTINE

♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_

♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_  
♥ \_\_\_\_\_

