

## Daily Routine – Weekly Checklist

Morning Routine		MON	TUES	WED	THUR	FRI	SAT	SUN
1	Wake up (time)							
2	Bathroom:							
	• Elimination (pee and poop)							
	• Scrape Tongue							
	• Brush Teeth							
	• Gargle, rinse or swish							
	• Rinse Eyes							
3	Cup of warm water (with lemon?)							
4	Movement (walking, yoga, etc.)							
5	Contemplation (meditation, journaling, etc.)							
6	Bathroom:							
	• Dry Brush							
	• Oil skin (massage)							
	• Nose: neti & oil							
	• Ears: oil							
	• Shower/Bath							
7	Breakfast							
8	Life (work, play, etc.)							
<b>Lunch Routine</b>								
1	Lunch as the largest meal							
2	Rest after eating							
3	100 steps							
4	Life (work, play, etc.)							
<b>Dinner Routine</b>								
1	Lighter dinner							
2	Rest after eating							
3	100 steps							
4	Finish dinner 2 hours before bed							
<b>Pre-Bed Routine</b>								
1	Get things ready for tomorrow							
2	Unplug: turn off the tech/screens							
3	Bathroom:							
	• Brush teeth & floss							
	• Gargle, rinse, or swish							
	• Oil							
	• Elimination							
4	Warm spiced milk or herbal tea							
5	Foot massage with warm oil							
6	Gentle stretching or Meditation							
7	Bed time							