

# GRIT MORNING & EVENING ROUTINE

## Checklist

### MORNING

- HYDRATE:** 16 - 24 oz of warm lemon water
- GREENS:** a scoop of any greens of your choice
- LIMIT CAFFEINE:** 8 oz cup of coffee / day or coffee alternative
- READ:** GRIT, Daily Stoic or any book of your choosing
- JOURNAL:** Five Minute Journal or brain dump
- MAKE YOUR BED:** more organized space = more organized mind
- WALK / BREATHE:** morning steps or get outside & focus on 5 min of breathwork
- NUTRITION:** prioritize protein in every meal & utilize healthy recipes from options
- EXERCISE:** follow along with the GRIT workout program (am or pm)

### EVENING

- NUTRITION:** refuel based on the days activities & try to finish eating 2 hrs before bed
- LIMIT ALCOHOL:** go "damp" (decrease alcohol by 50%) or go "dry" (no alcohol)
- WALK / BREATHE:** evening steps or get outside & watch the sunset
- CALM COCKTAIL:** Needed. Sleep & Relaxation, Adaptogenic Tea or warm lemon water
- LIMIT SCREEN TIME:** try to avoid screen time 1-2 hrs prior to bed
- JOURNAL:** 3 things that went well & why? What could have made the day better?
- READ:** end the day with a couple pages from GRIT or your fav book
- SLEEP:** strive to get 7+ hours of sleep