

Morning Routine

E X J T L C Q R P C S J R E Y
C G R A X X L X Q Q O Y U L N
F Q N R B Q H F X A R V L U I
I L M E R O U T I N E K E D A
X V L A L S E L D D Z G S E A
K C M P K L A X T Y N T D H G
U U O L H D A I Q I J E V C X
A E J N Y D M H N N H K K S V
G G Z G T E X R C P C M S G J
L Z C S R R O N D F S X I P W
T D L A P M O X H Z K Y J V D
G B S R H G S L B C J E R L X
A C U I M U R Y C M D I Z H T
P B O O K Z S M X B H V X G L
E L X P L R I G E T R D F A F

CHALLENGE
ROUTINE
TIME

CONTROL
RULES

MORNING
SCHEDULE