

Morning Routine Checklist

Evol & Troppus - Free Resource Library (DRAFT PLACEHOLDER - replace with final PDF)

This is a placeholder PDF for the Morning Routine Checklist.

1. Wake up buffer - 15 minutes earlier than the math says.
2. Bathroom sequence - visual schedule on the mirror.
3. Get dressed - outfit chosen the night before.
4. Breakfast - two acceptable options.
5. Pack and shoes - checklist by the door.
6. Connection moment before leaving.