

Choose 1st Activity

Recommended Bathroom Break

Bed Making

Breakfast

Consumption - Vitamins, Medicines

Welcome back!

Let's choose up to three activities
to begin building a morning ritual.

Consumption - Water

OK

Custom

Exercise - Aerobic - Running

Exercise - Aerobic - Varied

Exercise - Aerobic - Walking

Exercise - Strength - Back strengthening

Choose 1st Activity



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Custom

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Choose 1st Activity



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Consumption - Vitamins, Medicines

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Custom

Exercise - Aerobic - Running

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Exercise - Aerobic - Walking

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Choose 1st Activity



Recommended Bathroom Break

Bed Making

Why

Add

Breakfast

Consumption - Vitamins, Medicines

Consumption - Water

Custom

Exercise - Aerobic - Running

Exercise - Aerobic - Varied

Exercise - Aerobic - Walking

Exercise - Strength - Back strengthening

Choose Optional 2nd Activity



Bathroom Break

Breakfast

Consumption - Vitamins, Medicines

Consumption - Water

Custom

Exercise - Aerobic - Running

Exercise - Aerobic - Varied

Exercise - Aerobic - Walking

Exercise - Strength - Back strengthening

My Initial Ritual Is Set