

Morning Routine Math

WORKSHEET



The first step to planning a morning routine is figuring out how much time you have for it. Use this worksheet to determine when you need to go to bed and wake up so you can consistently practice your morning routine without sacrificing sleep.

▶ Start Time (ST): _____ (e.g. 6 a.m.)

In the space above write down what time you would normally need to start getting ready for the day if you were not doing a morning routine. This will mark the end time of your new morning routine.

🕒 Sleep Hours (SH): _____

How many hours of sleep you need to be at your best? Be honest with yourself so that you establish a morning routine that's healthy and sustainable.

🕒 Morning Routine Duration (MRD): _____

How long of a morning routine do you want to have? The recommended minimum if you want to do everything in POWER Mornings is 30 minutes, and 60+ minutes is even better.

WAKE TIME & BED TIME

Now we will use those numbers to determine when you will go to bed and wake up, so that you can practice your routine without giving up the sleep you need.

Wake Time (WT) = ST - MRD _____

Take your start time and subtract your morning routine duration. For example, if your start time is 6 a.m. and your routine is 60 minutes, then you need to wake up at 5 a.m.

Bed Time = WT - SH _____

Now take your wake time and subtract the hours of sleep you need. (e.g. 5 a.m. wake time minus 7 hours of sleep is 10 p.m. bed time).

