

DAILY ADVICE

march glow up day 27 🦋

MORNING

- 7:00am - wake up
- 7:10am - shower
- 7:30am - get dressed
- 7:40am - have breakfast
- 8:00am - skincare
- 8:20am - do hair
- 8:40am - go on socials
- 8:50am - workout

WORKOUT

- 30 jumping jacks
- 50 squats
- 30 jump squats
- 20 glute bridges
- 25 arm circles
- 30 leg lifts
- 25 crunches
- 2 min wall sit

EVENING

- 5:00pm - have a snack
- 5:30pm - go for a walk
- 6:30pm - have dinner
- 7:00pm - family tv
- 7:30pm - read a book
- 8:00pm - netflix
- 10:00pm - sleep

Morning Routine Sleep Hacks Price

Christian Drosten



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