







Preview

Code



Optimal Morning Routine

Meditation



Exercise



Shower & Breakfast



Deep Work



0









5:30 AM

6:15 AM

7:00 AM

8:00 AM

10 min

30 min

45 min

2 hours

Montal Clarity

Energy Boost

Nutrition & Planning

Peak Performance







Gmail Morning Routine Compare

Jicheng Xie



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