# Morning Routine







10 minute stretch







GRATITUDE LIST

5 minute journal

healthy breakfast



go screen free for 30 minutes



top priority to do list



go out for fresh air

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## **Morning Routine How To**

### **AN Whitehead**



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decreases by 2.b. ... answer the following questions. <strong>Nuclear </strong> ... 25.2 Nuclear Transformations | Lecture notes Chemistry These nuclei decay by turning a neutron into a pro- ton to emit a beta particle (an electron) from the nucleus. This process is known as beta emission. It ... 60 s - 1 min SECTION 25.2 NUCLEAR TRANSFORMATIONS. 1. Write a nuclear equation for the following radioactive processes. a. alpha decay of francium-208 208 Fr $\rightarrow$  b ...