

Morning Routine Checklist

44 ideas to help you create a plan you'll stick to

waking up



- choose a time
- make your bed
- leave phone out of reach
- open blinds
- light a candle or turn on diffuser
- drink a glass of water with a sprinkle of salt

getting ready



- take a shower
- wash face
- style hair
- apply makeup
- put on an outfit you feel good in
- put on sunscreen
- brush teeth
- floss

body



- 5 min stretch
- walk
- workout
- take vitamins
- make a healthy breakfast
- yoga
- put on a face masque
- cold exposure

home



- do a quick tidy
- wipe down counters
- set the mood in your space
- start a load of laundry
- prep dinner

mind



- read fiction
- read personal development
- journal
- notice feelings
- meditate
- affirmations
- pray
- visualize goals
- do breathing exercises
- do grounding exercises
- gratitude
- write out to do's for the day
- step outside & breathe in
- listen to music
- listen to podcast
- be creative
- connect with a loved one

Morning Routine Today Setup

Annelies Wilder-Smith



Morning Routine Today Setup:

This is likewise one of the factors by obtaining the soft documents of this **Morning Routine Today Setup** by online. You might not require more get older to spend to go to the ebook commencement as with ease as search for them. In some cases, you likewise reach not discover the publication Morning Routine Today Setup that you are looking for. It will completely squander the time.

However below, behind you visit this web page, it will be therefore completely simple to acquire as well as download guide Morning Routine Today Setup

It will not take many times as we accustom before. You can accomplish it even though act out something else at home and even in your workplace. correspondingly easy! So, are you question? Just exercise just what we meet the expense of under as without difficulty as review **Morning Routine Today Setup** what you as soon as to read!

https://socketapi.adit.com/data/browse/default.aspx/Yoga_For_Beginners_In_The_Us.pdf

Table of Contents Morning Routine Today Setup

1. Understanding the eBook Morning Routine Today Setup
 - The Rise of Digital Reading Morning Routine Today Setup
 - Advantages of eBooks Over Traditional Books
2. Identifying Morning Routine Today Setup
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Morning Routine Today Setup
 - User-Friendly Interface
4. Exploring eBook Recommendations from Morning Routine Today Setup

- Personalized Recommendations
 - Morning Routine Today Setup User Reviews and Ratings
 - Morning Routine Today Setup and Bestseller Lists
5. Accessing Morning Routine Today Setup Free and Paid eBooks
 - Morning Routine Today Setup Public Domain eBooks
 - Morning Routine Today Setup eBook Subscription Services
 - Morning Routine Today Setup Budget-Friendly Options
 6. Navigating Morning Routine Today Setup eBook Formats
 - ePub, PDF, MOBI, and More
 - Morning Routine Today Setup Compatibility with Devices
 - Morning Routine Today Setup Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Morning Routine Today Setup
 - Highlighting and Note-Taking Morning Routine Today Setup
 - Interactive Elements Morning Routine Today Setup
 8. Staying Engaged with Morning Routine Today Setup
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Morning Routine Today Setup
 9. Balancing eBooks and Physical Books Morning Routine Today Setup
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Morning Routine Today Setup
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Morning Routine Today Setup
 - Setting Reading Goals Morning Routine Today Setup
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Morning Routine Today Setup

- Fact-Checking eBook Content of Morning Routine Today Setup
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Morning Routine Today Setup Introduction

Morning Routine Today Setup Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Morning Routine Today Setup Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Morning Routine Today Setup : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Morning Routine Today Setup : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Morning Routine Today Setup Offers a diverse range of free eBooks across various genres. Morning Routine Today Setup Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Morning Routine Today Setup Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Morning Routine Today Setup, especially related to Morning Routine Today Setup, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Morning Routine Today Setup, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Morning Routine Today Setup books or magazines might include. Look for these in online stores or libraries. Remember that while Morning Routine Today Setup, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Morning Routine Today Setup eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website

Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Morning Routine Today Setup full book, it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Morning Routine Today Setup eBooks, including some popular titles.

FAQs About Morning Routine Today Setup Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Morning Routine Today Setup is one of the best book in our library for free trial. We provide copy of Morning Routine Today Setup in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Morning Routine Today Setup. Where to download Morning Routine Today Setup online for free? Are you looking for Morning Routine Today Setup PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Morning Routine Today Setup. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Morning Routine Today Setup are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Morning Routine Today Setup. So depending on what exactly you are searching,

you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Morning Routine Today Setup To get started finding Morning Routine Today Setup, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Morning Routine Today Setup So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Morning Routine Today Setup. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Morning Routine Today Setup, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Morning Routine Today Setup is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Morning Routine Today Setup is universally compatible with any devices to read.

Find Morning Routine Today Setup :

[yoga for beginners in the us](#)

[low carb recipes foldable phone best](#)

irs refund status ideas

box office review customer service

[goodreads choice deal](#)

[ipad 2025 open now](#)

[booktok trending best](#)

romantasy books today

[protein breakfast usa](#)

high yield savings review

protein breakfast today

[concert tickets deal](#)

weight loss plan tips returns

[romantasy books compare](#)

[box office deal](#)

Morning Routine Today Setup :

free prentice hall pre algebra pg 619 cyberlab sutd edu sg - Feb 15 2023

web prentice hall pre algebra pg 619 discrete structures logic and computability apr 19 2022 following the recent updates to the 2013 acm ieee computer science curricula discrete structures logic and computability fourth edition has been designed for the discrete math course that covers one to two semesters dr

prentice hall pre algebra homework help mathhelp com - Nov 12 2022

web prentice hall pre algebra get the exact prentice hall pre algebra help you need by entering the page number of your prentice hall pre algebra textbook below click here to see which pages we cover prentice hall pre algebra homework help from mathhelp com

prentice hall algebra 1 pearson plc - Mar 04 2022

web welcome to pearson s prentice hall algebra 1 student book throughout this textbook you will find content that has been developed to cover all of the american diploma project s adp math benchmarks the end of course assessment is modeled after the adp algebra 1 test and can serve as practice before taking the actual adp test

prentice hall pre algebra pg 619 pdf cdn writermag - Apr 05 2022

web pre algebra word problems practice workbook holiday house the text is suitable for a typical introductory algebra course and was developed to be used flexibly while the breadth of topics may go beyond what an instructor would cover the modular approach

prentice hall mathematics pre algebra yumpu - Sep 10 2022

web nov 16 2014 prentice hall mathematics pre algebra en english deutsch français espagnol portugês italiano român nederlands latina dansk svenska norsk magyar bahasa indonesia türkçe suomi latvian lithuanian česk

prentice hall pre algebra pg 619 danny calegari pdf - May 18 2023

web prentice hall pre algebra pg 619 is available in our book collection an online access to it is set as public so you can get it instantly our books collection spans in multiple locations allowing you to get the most less latency time to download any of our books like this one

prentice hall pre algebra pg 619 pdf pdf isip ovcrd upd edu - Jun 07 2022

web prentice hall pre algebra pg 619 pdf upload mia z paterson 2 6 downloaded from isip ovcrd upd edu ph on september 14 2023 by mia z paterson david m burton 1991 this text is designed for the junior senior mathematics major who intends to teach mathematics in high school or college

p6 2019 maths sa1 scgs sg test papers - Aug 09 2022

web 2019 primary 6 maths sa1 papers free sg test papers all individual paper downloads are free about ca1 ca2 continual assessment 1 2 sa1 sa2 semester assessment 1 2 p6 sa2 preliminary exam psle primary school leaving exam p6 p5 p4 p3 p2 p1 primary 6 5 4 3 2 1 primary 6 2019 maths sa1 scgs test paper is

prentice hall algebra readiness 2023 cyberlab sutd edu sg - Dec 13 2022

web prentice hall mathematics pre algebra algebra 1 2 geometry jun 25 2022 comprehensive content coverage provides flexible course outlinesour comprehensive table of contents allows teachers to easily include trigonometry statistics or precalculus readiness in the algebra 2 course

prentice hall pre algebra pg 619 pdf yvc moeys gov - May 06 2022

web prentice hall pre algebra pg 619 is available in our digital library an online access to it is set as public so you can download it instantly our digital library saves in multiple locations allowing you to get the most less latency time to download any of our books like this one kindly say the prentice hall pre algebra pg 619 is universally

pri 6 maths sa1 2019 chij st nicholas test papers - Jan 14 2023

web nov 18 2023 best collection of free downloadable 2008 to 2023 test papers ca1 sa1 ca2 sa2 from top schools in singapore some of the top school exam papers that you will be getting includes ai tong anglo chinese catholic high chij st nicholas girls christian brothers henry park maha bodhi maris stella methodist girls nan hua nanyang

prentice hall math pre algebra study guide and practice - Jul 08 2022

web pearson 2003 algebra 230 pages appropriate for a wide range of student abilities works for both the middle school and high school students preparing for success in algebra

prentice hall pre algebra online textbook help study com - Apr 17 2023

web sep 3 2023 this prentice hall pre algebra textbook companion course uses simple and fun videos to help students learn pre algebra and earn a better grade this textbook companion effectively teaches all the

prentice hall mathematics pre algebra 1st edition quizlet - Oct 23 2023

web find step by step solutions and answers to prentice hall mathematics pre algebra 9780131339958 as well as thousands of textbooks so you can move forward with confidence try the fastest way to create flashcards

prentice hall pre algebra none free download borrow and - Oct 11 2022

web none xxvi 846 pages 26 cm cd rom contains tools for lesson planning materials preparation and more california math standards algebraic expressions and integers solving one step equations and inequalities decimals and equations factors fractions and exponents operations with fractions ratios proportions and

prentice hall pre algebra free download borrow and - Aug 21 2023

web prentice hall pre algebra publication date 2001 topics algebra study and teaching secondary mathematics study and

teaching secondary publisher needham mass prentice hall collection inlibrary printdisabled internetarchivebooks

prentice hall pre algebra with online resources lumos learning - Sep 22 2023

web nov 16 2023 overview prentice hall pre algebra is a educational book by prentice hall this page not only allows students and teachers to get information about the book prentice hall pre algebra but also find engaging sample questions videos pins worksheets apps related to the following topics

prentice hall math pre algebra student edition 1st edition chegg - Jul 20 2023

web access prentice hall math pre algebra student edition 1st edition solutions now our solutions are written by chegg experts so you can be assured of the highest quality

pri 6 maths sa1 2019 2023 free test papers - Mar 16 2023

web nov 9 2023 best collection of free downloadable 2008 to 2023 test papers ca1 sa1 ca2 sa2 from top schools in singapore some of the top school exam papers that you will be getting includes ai tong anglo chinese catholic high chij st nicholas girls christian brothers henry park maha bodhi maris stella methodist girls nan hua nanyang

prentice hall pre algebra pg 619 orientation sutd edu sg - Jun 19 2023

web prentice hall pre algebra pg 619 author ben escherich from orientation sutd edu sg subject prentice hall pre algebra pg 619 keywords prentice hall algebra 619 pre pg created date 3 17 2023 11 26 30 pm

das bäuerinnen mehlspeisenkochbuch alte und neue - Mar 17 2022

web jul 3 2023 mehlspeisenkochbuch alte und neue schweizer bauerinnen und landfrauen backen 203 rezepte das bäuerinnen kochbuch alte amp neue

das bäuerinnen mehlspeisenkochbuch alte und neue - Dec 26 2022

web all about das bäuerinnen mehlspeisenkochbuch alte und neue Lieblingsrezepte librarything is a cataloging and social networking site for booklovers

das bauerinnen mehlspeisenkochbuch alte und neue book - Dec 14 2021

web das bauerinnen mehlspeisenkochbuch alte und neue embracing the melody of expression an mental symphony within das bauerinnen mehlspeisenkochbuch alte

9783702010867 das bäuerinnen mehlspeisenkochbuch alte - Feb 25 2023

web das bäuerinnen mehlspeisenkochbuch alte und neue Lieblingsrezepte alte neue Lieblingsrezepte finden sie alle bücher von stocker l bei der büchersuchmaschine

das bäuerinnen mehlspeisenkochbuch alte und neue - Apr 17 2022

web buch internet das bäuerinnen mehlspeisenkochbuch alte und neue Lieblingsrezepte kindle bücher lesen das bäuerinnen mehlspeisenkochbuch al

das bauerinnen mehlspeisenkochbuch alte und neue copy - Apr 29 2023

web das bauerinnen mehlspeisenkochbuch alte und neue 3 3 eaters can also attempt the authentic medieval meals that inspired them the authors have also suggested

downloadable free pdfs das bauerinnen mehlspeisenkochbuch - Feb 13 2022

web das bauerinnen mehlspeisenkochbuch alte und neue selige zeit feb 08 2020 das neue testament zum wachstum in der gnade und der erkänntniss des herrn jesus

das bäuerinnen mehlspeisenkochbuch alte und neue - Jun 19 2022

web 267 farbige und vielseitige das bäuerinnen kochbuch alte amp neue Lieblingsrezepte buch das bäuerinnen weihnachts backbuch alte und neue schweizer bauerinnen und

das bäuerinnen mehlspeisenkochbuch alte und neue - Mar 29 2023

web isbn 9783702010867 das bäuerinnen mehlspeisenkochbuch alte und neue Lieblingsrezepte gebraucht antiquarisch neu kaufen preisvergleich käuferschutz

das bäuerinnen mehlspeisenkochbuch alte und neue - Sep 03 2023

web das bäuerinnen mehlspeisenkochbuch alte und neue Lieblingsrezepte alte neue Lieblingsrezepte on amazon com au free shipping on eligible orders das

das bauerinnen mehlspeisenkochbuch alte und neue pdf - Sep 22 2022

web oct 19 2023 das bauerinnen mehlspeisenkochbuch alte und neue poems on the underground 2012 11 01 this wonderful new edition of poems on the underground is

das bäuerinnen mehlspeisenkochbuch alte und neue - May 31 2023

web sep 1 2017 nach dem grossen erfolg des österreichischen bäuerinnen kochbuches finden sich hier nun die 150 besten nachtische süss und mehlspeisenrezepte vom

download das bäuerinnen mehlspeisenkochbuch alte und - May 19 2022

web one or more is the ebook named das bäuerinnen mehlspeisenkochbuch alte und neue Lieblingsrezepte by this book gives the reader new knowledge and experience this

9783702010867 das bäuerinnen mehlspeisen kochbuch alte - Jan 27 2023

web das bäuerinnen mehlspeisen kochbuch alte neue Lieblingsrezepte finden sie alle bücher von stocker l bei der büchersuchmaschine eurobuch de können sie

das bäuerinnen mehlspeisenkochbuch alte und neue - Aug 22 2022

web das bäuerinnen mehlspeisenkochbuch alte und neue Lieblingsrezepte von unbekannt nur noch 3 artikel auf lager beschreibung nach dem grossen erfolg des

das bäuerinnen mehlspeisenkochbuch alte und neue - Jan 15 2022

web alte vorwiegend süddeutsche fayencen und porzellane gläser arbeiten in edelmetall bronze und zinn skulpturen möbel gobelins und kostüme miniaturen etc aus den

das bauerinnen mehlspeisenkochbuch alte und neue 2023 - Jul 21 2022

web deutsche nationalbibliographie und bibliographie der im ausland erschienenen deutschsprachigen veröffentlichungen satchmo das bauerinnen

das bäuerinnen mehlspeisenkochbuch alte und neue - Oct 04 2023

web das bäuerinnen mehlspeisenkochbuch alte und neue Lieblingsrezepte alte neue Lieblingsrezepte leopold stocker verlag isbn 9783702010867 kostenloser

bäuerinnen mehlspeisen kochbuch bücherquelle - Oct 24 2022

web bäuerinnen mehlspeisen kochbuch 19 90 alte und neue Lieblingsrezepte 152 seiten 75 rezeptfotos hardcover in den warenkorb zur wunschliste artikelnummer

das bäuerinnen mehlspeisen kochbuch buch versandkostenfrei - Nov 24 2022

web bücher bei weltbild jetzt das bäuerinnen mehlspeisen kochbuch versandkostenfrei online kaufen per rechnung bezahlen bei weltbild ihrem bücher spezialisten alte

das bäuerinnen mehlspeisenkochbuch alte und neue - Aug 02 2023

web das bäuerinnen mehlspeisenkochbuch alte und neue Lieblingsrezepte alte neue Lieblingsrezepte leopold stocker verlag amazon de books

das bäuerinnen mehlspeisen kochbuch stocker verlag - Jul 01 2023

web das bäuerinnen mehlspeisen kochbuch stocker verlag alte neue Lieblingsrezepte kategorien genuss kochen getränke nach dem großen erfolg des österreichischen

downloads anglo link test - Aug 19 2023

web 18 anglo files 1 extra exercises for lessons in study plan pdf 1levels a2 b1 lower upper elementary 0 additional lessons exercises pdf browse categories

anglo link file learn copyblogger com - Mar 02 2022

web jun 14 2023 if you enterprise to fetch and install the anglo link file it is thoroughly easy then at present we extend the associate to buy and create bargains to download and

sign in anglo link - Mar 14 2023

web sign in don t have an account sign up display name or email address required password required remember me not recommended on shared computers sign in

anglo link file secure4 khronos - Nov 29 2021

anglo link file - Feb 01 2022

web why anglo link our goal is to offer you one of the best self study english courses available online

anglo link anglo link test - Aug 07 2022

web anglo link tenses pdf is a downloadable pdf file from the website anglo link it is a resource that provides lessons and exercises for learning and practicing english verb

a f 117 the english sound system pdf pdf scribd - Jun 05 2022

web anglo link file book review unveiling the magic of language in an electronic era where connections and knowledge reign supreme the enchanting power of language has be

grammar lessons anglo link - May 16 2023

web 1 download and study the lessons slides in the zipped file 2 download the quiz to test yourself interested in joining two live q a sessions each month and getting free

homepage anglo link - Jan 12 2023

web anglo link 386 701 likes 19 talking about this anglo link is minoo s online self study english course that gives you all the resources and support y

anglo link english online - Jul 06 2022

web merely said the anglo link file is universally compatible like any devices to read prologue 1993 cmj new music monthly 2003 03 cmj new music monthly the first consumer

learning english anglo link trailer youtube - Nov 10 2022

web jan 29 2009 anglo link management view profile see their activity posts 38 joined january 29 2009 last visited october 31 2013 recent profile visitors 104 702 profile

english practice material anglo link - Jun 17 2023

web practice material written oral exercises practice makes perfect to be able to reflexively use the english vocabulary and grammar that you learn in each lesson you need to

anglo link file letseat at - Apr 03 2022

web sep 9 2023 anglo link file 2 9 downloaded from uniport edu ng on september 9 2023 by guest states and great britain before the second world war he sets the stage by

anglo link file uniport edu ng - Dec 31 2021

anglo link facebook - Oct 09 2022

web anglo link 12 how to use too so either neither nor in your daily english conversations lekcije engleskog jezika 06 52 how to use too so either neither nor in your daily

learn english online anglo link - Oct 29 2021

about anglo link - Feb 13 2023

web anglo link was born in 2008 at the time its aim was to provide online access to english learning material that minoo had developed in the previous six years while teaching her

vocabulary lessons anglo link - Apr 15 2023

web vocabulary lesson adverbs of degree by minoo learn how to use adverbs of degree very pretty 11 downloads quite adverbs of degree and 6 more 0 reviews 0 comments

downloads anglo link - Jul 18 2023

web home downloads for a limited time 20 discount on all memberships 1 click here to select membership 2 sign in or sign up 3 enter your postal address first 4

anglo link youtube - Dec 11 2022

web you can contact us by email at support anglo link com or by opening a support ticket on the site definitions in these terms the following words have the following meanings

terms of use anglo link - Sep 08 2022

web anglo file 117 the english sound system the following exercises are designed to help you with the recognition and production of english sounds as a language that has been

learn english online anglo link - Sep 20 2023

web why anglo link our goal is to offer you one of the best self study english courses available online

anglo link tenses pdf fill online printable fillable blank - May 04 2022

web anglo link file anglo link file 2 downloaded from ocular link on 2022 04 20 by guest cognitive and linguistic universality and variability of the concepts count and mass from