

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

Silvia Kunitz, Numa Markee, Olcay Sert

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web using algebra the moles was founded to be 0 00352 moles of butane in order to find the molarity the mass of the butane should be divided by the moles after further calculations the molarity of the butane gas was calculated to be 56 81 grams moles this lab is done with tons of sources of error

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web this data shows that there was a gain the mass of the lighter which shows that there was a certain amount of butane 0 38 grams 0 02 grams gas that was successfully collected during the gas collection there is a mild influence of barometric pressure during both trials as shown above in the raw data

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web 11 use avogadro s law to determine the number of moles of butane gas assume that butane is an ideal gas and that one mole has a volume of 22 4 l at stp v 1 n 1 v 2 n 2 0 0896 l n 22 4 l 1 mole n 0 0040 moles 12 experimental molar mass g mole of butane 0 23 g 0 0040 moles 58 g mole 13 the molecular formula of butane is c 4 h 10

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web nov 3 2020 in this experiment the moles and mass will be required to determine the molar mass of butane in a butane lighter experimental to begin the experiment the mass of a butane lighter was measured before using the butane gas to deplete the water to the 80ml mark on a graduated cylinder

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web dec 18 2020 in this lab students will experimentally determine the molar mass of a gas specifically butane c 4 h 10 by collection over water this experiment is an inquiry based experiment for 2nd year chemistry or ap chemistry students who have previously collected an insoluble gas

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web possible answer butane is extremely flammable and will ignite possible answer because the butane will not dissolve in the water it is possible for butane gas possible to form under water and get trapped possible answers 0 c 273 15 k and 1 atm 101 3 kpa c4h10 12 01 g mol 4 48 04 g mol

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web the pressure of the gas the pressure of the gas was calculated using dalton s law of partial pressures by subtracting the pressure of the water vapor from the total pressure which in this case was the atmospheric pressure 760mm hg the pressure of the water vapor was found by using the temperature of the water

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web jun 18 2019 an ideal gas follows the ideal gas law at all conditions of p and t the particles in an ideal gas do not have finite size and volume the collisions between the ideal gas particles are said to be elastic they exert no attractive or repulsive forces hydrogen gas generated in today s experiment is however a real gas not an ideal gas

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web in this lab you will collect a measurable volume of butane gas using water displacement using dalton s law and the ideal gas law the number of moles of butane gas and then the molar mass of butane can be calculated your experimental value for molar mass will be compared to the known molar mass of butane and percent error calculated

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