

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

body



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

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

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

home



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

Morning Routine Today

RJ Alexander



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lycopersicon esculentum mill tomatoes whole halved vertically and halved horizontally the tomato *tōmētou* or *tōmɑ:tou* is the edible berry of the plant *solanum lycopersicum* 1 2 commonly known as the tomato plant the species originated in western south america mexico and central america

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1 believe it or not tomatoes aren t always red they can be yellow pink purple black and even white 2 found at walt disney

world resort florida usa the largest single tomato plant in the world covers an area of 56 73 metres sq that s bigger than an olympic size swimming pool 3 it s thought that tomatoes originally came from peru 4

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check the seed packet plant label or catalog information on the growth habit of a variety indeterminate tomato plants continue to grow taller and set fruits throughout the growing season stopping only when frost finishes them off many of the *bush tomato facts for kids* - Apr 07 2022

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tomatoes are an important crop in the vegetable garden they are actually fruits the fleshy berries of the plant and often referred to as fruiting vegetables there are lots of different varieties you can grow from cherry tomatoes to stripy tomatoes [fun tomato facts for kids interesting information about tomatoes](#) - Oct 13 2022

tomatoes are the fruit of the tomato plant they originated in the south american andes around the area of modern day peru and was first used as a food by the aztec s in southern mexico because the tomato has seeds and grows from a flowering plant botanically it is classed as a fruit not a vegetable

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growing tomatoes with kids tomatoes are a superfood that are really easy to grow delicious and full of goodness you can even start growing them on your bedroom windowsill do you like tiny tomatoes you can eat straight from the plant or larger ones that you can slice for sandwiches and pizza

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oct 18 2023 tomato flowering plant of the nightshade family cultivated extensively for its edible fruits the fruits are commonly eaten raw served as a cooked vegetable used as an ingredient of prepared dishes pickled or processed learn more about the plant its cultivation and its history of domestication

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tomatoes are commonly called vegetables but they are actually fruits they are eaten raw or used in cooking canned tomatoes and tomato juice are also popular tomatoes are grown in all mild regions of the world they belong to the nightshade family tomato plants generally have many spreading branches the leaves are hairy and have a strong

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tomato plants facts for kids all you need to know tomato plants tomatoes are one of the most popular fruits in the world wait a fruit yes that s right tomatoes are actually a fruit not a vegetable the reason they are a fruit is because they have seeds inside of them like apples oranges lemons kiwi and all other types of fruit

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oct 12 2020 kidsmusicshop s tony emma set out to discover how tomatoes are grown for kids to eat they visit the tomato nursery were the baby tomato plants start life then visit the flavour fresh

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