

MASTER ANYTHING ROUTINE DURATION RECOMMENDATIONS

Health Habit	Baby	<15 mins	<30 mins	<1 hr	<2 hr	<3 hr
Goals & Values	30 s	3	5	10	20	30
Planning & Productivity	10 s	3	5	10	20	30
Behavioral Design	10 s	3	5	10	20	30
Visualization	10 s	3	5	10	20	30
Learning	10 s	3	5	10	20	30
Total Time	1:10	15	25	50	100	150