

# Morning Routine



hydrate



detox juice



10 minute stretch



self care



healthy breakfast



5 minute journal



go screen free for 30 minutes



top priority to do list



go out for fresh air

# Morning Routine Update

**A Loxley**



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web solution a titrant volume 0 ml the solution pH is due to the acid ionization of  $\text{HCl}$  because this is a strong acid the ionization is complete and the hydronium ion molarity is 0.100 M the pH of the solution is then  $\text{pH} = -\log 0.100 = 1.000$  b titrant volume 12.50 ml

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