**Rise and Shine: The Influence of Morning Routine Activities on Students’ Daily Lifestyle**

**ABSTRACT**

This qualitative descriptive study aims to identify the morning routine activities of students and discover their positive and negative effects on the learners’ daily lifestyle and manner of doing academic activities. It also seeks to observe how students perceive a solid and healthy morning routine. Furthermore, data were collected through an online semi-structured interview with ten senior high school students from Lorma Colleges. Results showed that students begin their day by participating in entertaining, essential, physical, and household activities, and checking their phones for notifications. Moreover, findings suggest that the aforementioned morning routine activities can boost the performance and energy of learners, but there is also a tendency in which they can start to consume a significant amount of time, causing a delay in a student’s process of accomplishing academic activities. Ultimately, in their own viewpoint, having a healthy morning routine is crucial to being productive throughout the day.

**Keywords**: morning routine, productivity, academic performance, students, activities

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**Authors**: Alonzo Andrei G. Rimando, Raevin Yuri P. Ancheta, Vince Harry M. Carillo, Erika Lei H. Gadingan, Bonie Joash H. Galon, Sandara Shane E. Itable, Sam Nathaniel E. Legaspi

**Email**: [alonzoandrei.rimando@lorma.edu](mailto:alonzoandrei.rimando@lorma.edu) | [raevinyuri.ancheta@lorma.edu](mailto:raevinyuri.ancheta@lorma.edu) | [vinceharry.carillo@lorma.edu](mailto:vinceharry.carillo@lorma.edu) | [erikalei.gadingan@lorma.edu](mailto:erikalei.gadingan@lorma.edu) | [boniejoash.galon@lorma.edu](mailto:boniejoash.galon@lorma.edu), [sandarashane.itable@lorma.edu](mailto:sandarashane.itable@lorma.edu) | [samnathaniel.legaspi@lorma.edu](mailto:samnathaniel.legaspi@lorma.edu)