

Forum:[Hack Forums](#)

Thread: [Good morning](#)

DashPHP - October 5, 2024, 12:24 am

Body starts to naturally wake up around 7-9am and I'd do a quick stretch and jump on the pc!

Around lunch time I'll do a quick HIIT workout, coffee and then a cold shower to then get back on the pc and get productiveeee

How's your morning routines?

I also added in deelep breaths out the window for super fresh air. Game changer.

Deany - October 5, 2024, 12:24 am

Good morning (or night here) to you bro

DashPHP - October 5, 2024, 12:30 am

(Oct 5, 2024 12:24 AM)Deany Wrote: [\[CITE\]](#) Good morning (or night here) to you bro
GN hahahaah

(Oct 5, 2024 12:26 AM)php Wrote: [\[CITE\]](#) Morning routine? Oook Dr. Andrew Huberman.

I woke up at 6pm and I'm pulling a bender coding

Spoiler [\(Click to View\)](#)

I took a huge shit but didn't flush the toilet so I could inhale the fumes of my past to motivate me for my future.

YOOOO WHAT. THE. ACTUAL. FOOLISHNESS IS THIS?!?

That 400k loss still hitting strong huh ???

Jinu - October 5, 2024, 12:32 am

Good morning. However it's afternoon here. Just working along with the HF tab.

Morphh - October 5, 2024, 12:32 am

Sounds like a healthy, productive morning.

At the moment, my morning routine consists of having a coffee, walking for 8 minutes, then a full sprint for 2 minutes. After that, I get to some studying—study for an hour, then go do another sprint. This time it's a 17-minute walk followed by a 3-minute sprint. Then I'm ready to do some more studying. :)

DashPHP - October 5, 2024, 1:03 am

(Oct 5, 2024 12:32 AM)Jinu Wrote: [\[CITE\]](#) Good morning. However it's afternoon here. Just working along with the HF tab.

Haha, Afternoon!

(Oct 5, 2024 12:32 AM)Morphh Wrote: [\[CITE\]](#) Sounds like a healthy, productive morning.

At the moment, my morning routine consists of having a coffee, walking for 8 minutes, then a full sprint for 2 minutes. After that, I get to some studying—study for an hour, then go do another sprint. This time it's a 17-minute walk followed by a 3-minute sprint. Then I'm ready to do some more studying. :)

Ayy right back at you bro! That sounds mad refreshing. Good luck with your studies. Fresh air and mind certainly help with that.

(Oct 5, 2024 12:36 AM)php Wrote: [\[CITE\]](#) Don't use me for marketing material
Bro you have no idea how much that made me giggle Imfaooooooooo

I sent you 2.5k to say thanks. Imao

Jamika - October 5, 2024, 1:06 am

(Oct 5, 2024 12:24 AM)DashPHP Wrote: [\[CITE\]](#) Body starts to naturally wake up around 7-9am and I'd do a quick stretch and jump on the pc!

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How's your morning routines?

I also added in deeeep breaths out the window for super fresh air. Game changer.

Wake up, after some mobile checks i have shower, go to work till 11 am, and the day continue

Jen - October 5, 2024, 3:05 am

Wake up, make the kids weetabix, wash them, get them ready then play with toys my life the past 5 years.

Mooooookie - October 5, 2024, 3:21 am

Good morning to everyone reading this thread. Hope you guys are having a great weekend!

DashPHP - October 5, 2024, 3:51 am

(Oct 5, 2024 03:05 AM)Jennax Wrote: [\[CITE\]](#) Wake up, make the kids weetabix, wash them, get them ready then play with toys my life the past 5 years.

A true blessing being a father. Can't wait for the day myself.

(Oct 5, 2024 03:21 AM)Mooooookie Wrote: [\[CITE\]](#) Good morning to everyone reading this thread. Hope you guys are having a great weekend!

Morning brother! Off to a good start today :)

Jen - October 5, 2024, 3:52 am

(Oct 5, 2024 03:51 AM)DashPHP Wrote: [\[CITE\]](#) A true blessing being a father. Can't wait for the day myself.

You will love it and have something to look forward to

DashPHP - October 5, 2024, 3:59 am

(Oct 5, 2024 03:52 AM)Jennax Wrote: [\[CITE\]](#) This is Jenna not stephen 1-0

You will love it and have something to look forward to

I am so sorry I actually thought Stephen replied that ??????

Yin Yang - October 5, 2024, 4:07 am

Good morning to you too sir

DashPHP - October 5, 2024, 4:07 am

(Oct 5, 2024 04:07 AM)Yin Yang Wrote: [\[CITE\]](#) Good morning to you too sir
Thank you sir. Let's get productive

Yin Yang - October 5, 2024, 4:08 am

(Oct 5, 2024 04:07 AM)DashPHP Wrote: [\[CITE\]](#) Thank you sir. Let's get productive! I'll need to have my coffee first. Are you caffeinated?

DashPHP - October 5, 2024, 4:08 am

(Oct 5, 2024 04:08 AM)Yin Yang Wrote: [\[CITE\]](#) I'll need to have my coffee first. Are you caffeinated?
Just had my coffee, and did a lil workout. Bout to dunk in me cold shower!

Yin Yang - October 5, 2024, 4:09 am

(Oct 5, 2024 04:08 AM)DashPHP Wrote: [\[CITE\]](#) Just had my coffee, and did a lil workout. Bout to dunk in me cold shower! Dam son, you're a beast. It's 7 AM, I'm not fully awake lol

DashPHP - October 5, 2024, 4:10 am

(Oct 5, 2024 04:09 AM)Yin Yang Wrote: [\[CITE\]](#) Dam son, you're a beast. It's 7 AM, I'm not fully awake lol
Hahahaah thanks man. I'm happy to be doing this, I feel so good.

totalcontrol123 - October 5, 2024, 4:19 am

goodmorning all, hope you all have a lovely day

SuseGD - October 5, 2024, 12:56 pm

Good morning everyone, hope your day got off to a great start! I usually try to get a gym session done in the morning, and then I go about my day with my usual routines.