

EVENING HABIT TRACKER

MONTH: _____ WEEK OF: _____

HABIT / RITUAL

MON

TUE

WED

THU

FRI

SAT

SUN

Digital Sunset (No Screens)

Skincare Routine

Journaling / Reflection

Prep for Tomorrow (Outfit/Bag)

Reading (15+ Mins)

Tidy Living Space

WEEKLY REFLECTION & NOTES