

AFTER WORK EVENING ROUTINE

DONE	TIME	ACTIVITY
	5:30 PM	Transition: Change clothes, put away bag, hydration
	6:00 PM	Movement: 20-minute walk or light stretching
	6:30 PM	Nourishment: Prepare and eat dinner (Screen-free)
	7:30 PM	Reset: Tidy kitchen and living area for tomorrow
	8:00 PM	Personal Time: Hobby, reading, or social connection
	9:00 PM	Wind Down: Digital sunset, skincare, prep outfit
	10:00 PM	Rest: Lights out / Sleep

REFLECTIONS & INTENTIONS