

EVENING RESET & HABIT TRACKER

WEEK OF: _____ GOAL SLEEP TIME: _____

EVENING HABIT	TIME	M	T	W	T	F	S	S
SHUTDOWN PHASE (CLOSING THE DAY)								
Kitchen Reset / Load Dishwasher	7:00 PM							
Layout Outfit & Pack Bag	7:30 PM							
Review Tomorrow's Calendar	8:00 PM							
UNWIND PHASE (DIGITAL DETOX)								
Digital Sunset (Screens Off)	8:30 PM							
Skincare / Hygiene Routine	9:00 PM							
REST PHASE (MENTAL CALM)								
Reading or Journaling	9:30 PM							

