

EVENING ROUTINE TRACKER

Week Of: _____ Goal Sleep Time: _____

EVENING ACTIVITY	TIME	M	T	W	T	F	S	S
Clear surfaces / Sink zero	18:30							
Digital sunset (screens off)	20:00							
Prepare outfit/bag for tomorrow	20:15							
Skincare / Hygiene	20:30							
Reading or Journaling	21:00							
Meditation / Stretching	21:30							

REFLECTION & NOTES