

EVENING ROUTINE

DATE: _____

TRANSITION & RESET

Work Shutdown / Clear Workspace	5:00 PM
Physical Movement / Commute	5:30 PM
Dinner & Connection	6:30 PM

PRIME FOR TOMORROW

Home Reset (Kitchen / Laundry)	8:00 PM
Prep (Clothes / Lunch / Bag)	8:30 PM
Plan Next Day / Top 3 Tasks	9:00 PM

WIND DOWN

Screens Off / Hygiene Routine	9:30 PM
Read / Meditate / Journal	10:00 PM
Lights Out / Sleep	10:30 PM