

NIGHT ROUTINE

Month: _____ Goal Bedtime: _____

HABIT / ACTIVITY	TIME	M	T	W	T	F	S	S
Digital Sunset (No Screens)	8:30 PM							
Prepare Outfit & Bag	8:45 PM							
Skincare Routine	9:00 PM							
Journal / Reading	9:15 PM							
Meditation	9:45 PM							
Lights Out	10:00 PM							

WEEKLY REFLECTIONS