

EVENING WELLNESS

Month: _____						
MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

- No Screens 1hr Before Bed
- Gratitude Journaling
- Skin Care Routine
- Herbal Tea / Hydration
- Reading (Physical Book)
- Stretching / Meditation