

EVENING ROUTINE

FlyLady System

THE KITCHEN & HOME

Shine the Sink

Run the Dishwasher

Laundry: Move to Dryer or Fold

5-Minute Room Rescue (Clear Clutter)

PREPARE FOR TOMORROW

Check Calendar / To-Do List

Lay Out Clothes for Tomorrow

Launch Pad: Pack Bag, Keys by Door

PERSONAL CARE

Wash Face & Brush Teeth

Vitamin / Medication

Reflection or Reading Time

Go to Bed at a Decent Hour

NOTES & REFLECTIONS