

EVENING ROUTINE

NAME: _____ WEEK OF: _____

TASK DESCRIPTION

M T W T F S S

6:00 PM **Kitchen Reset**

Load dishwasher & wipe counters

7:00 PM **Personal Prep**

Gym bag packed & clothes for tomorrow

8:30 PM **Common Area Sweep**

Clear floor & organize shoes/bags

9:30 PM **Tech Check**

Devices to charging station

10:00 PM **Self Care**

Shower & skincare routine

GOALS / NOTES