

EVENING ROUTINE

HOUSEHOLD MEMBER: _____ WEEK OF: _____

Clear Kitchen Counters & Sink

6:30 PM

Pack Lunches & Prep Coffee

7:00 PM

Quick Tidy: Living Room / Common Areas

7:20 PM

Choose & Lay Out Tomorrow's Outfit

7:45 PM

Personal Hygiene / Bathing Routine

8:15 PM

Device Power Down / Screens Off

9:00 PM

Reading or Reflection Time

9:30 PM

Lights Out

10:00 PM