

EVENING WIND DOWN

Month: _____ Goal Sleep Time: _____

DAY	RESTORATIVE ACTIVITY	SCREEN-FREE (MIN)	MOOD	DONE
Monday	Reading / Light Stretching	15 / 30 / 60		
Tuesday	Journaling / Gratitude	15 / 30 / 60		
Wednesday	Herbal Tea / Meditation	15 / 30 / 60		
Thursday	Soft Music / Skincare	15 / 30 / 60		
Friday	Reflecting on Wins	15 / 30 / 60		
Saturday	Warm Bath / Deep Breathing	15 / 30 / 60		
Sunday	Prep for Next Week	15 / 30 / 60		

WEEKLY REFLECTION & NOTES