

Evening Routine Planner

Date	One Thing I'm Grateful For
_____	_____
Today's Reflection	_____
_____	_____

Reflection

Checklist

Evening Activities Checklist

- Light stretching or exercise
- Digital detox (no screens)
- Prepare things for tomorrow
- Hygiene
- Journaling or prayer
- Read:
- Sleep by desired time:

Additional Notes
