My evening routine



Tidy today

- [ ] Dishes done or in the sink
- [ ] Clothes in the hamper
- [ ] Bag or backpack packed
- [ ] Quick 5-minute tidy

Set up tomorrow

- [ ] Outfit laid out
- [ ] Top 3 things for tomorrow written down
- [ ] Alarm set
- [ ] Water bottle filled

Wind down

- [ ] Phone on the charger, away from bed
- [ ] Shower or wash face
- [ ] Read or listen to something calm
- [ ] Lights low

For personal and classroom use.