Evening routine checklist

Set tomorrow up tonight. Tick the days.

WEEK OF

IN BED BY

EACH DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Kit out for tomorrow	☐	☐	☐	☐	☐	☐	☐
Tomorrow's meals sorted	☐	☐	☐	☐	☐	☐	☐
Kitchen tidy	☐	☐	☐	☐	☐	☐	☐
Ten minutes of stretching	☐	☐	☐	☐	☐	☐	☐
Phone on charge outside the bedroom	☐	☐	☐	☐	☐	☐	☐
Screens off an hour before bed	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

WHAT GOT IN THE WAY

Not medical advice. Get your doctor's OK before you start.