

routines *Evening*

BEDTIME: _____

FOCUS

THINGS TO DO



TIME	ACTIONS	IMPORTANCE
6:00PM		
6:30PM		
7:00PM		
7:30PM		
8:00PM		
8:30PM		
9:00PM		
9:30PM		
10:00PM		
10:30PM		
11:00PM		
11:30PM		

TOTAL MIN: _____