Free Printable

Evening Routine Checklist

Tick-box evening steps plus a tomorrow-prep box, so the day ends tidy and the next day starts ready

Inside this PDF
Tick-box evening steps - wind down, tidy up, prep tomorrow
A tomorrow-prep box so the next day starts ready
Prints on Letter or A4 - free for personal use

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Evening Routine Checklist

Date: _____

Wind down

Done	Step
	Change into comfortable clothes
	Put the phone on charge, away from the bed
	Have a warm drink or a glass of water
	Read, stretch or listen to music for 15 minutes
	Wash face and brush teeth

Tidy up (10 minutes)

Done	Step
	Clear the kitchen counters
	Load or run the dishwasher
	Put tomorrow's clothes out
	Tidy the living room
	Take out the rubbish if it is full

Tomorrow prep

Done	Step
	Check tomorrow's calendar
	Pack the bag or lunch box
	Write tomorrow's top 3 tasks
	Set the alarm
	Lay out keys, wallet and bag by the door

My Evening Routine - Make It Yours

Week of: _____

My own evening steps

This week - tick each evening

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wind down							
Tidy up							
Tomorrow prep							
Phone away							
In bed on time							