

EVENING ROUTINE CHECKLIST

HOUSEHOLD

- Wash dishes
- Wipe down countertops
- Sweep kitchen
- Clean dining room
- Put laundry away
- Quick tidy up of main living spaces
- Pack lunches
- Set out breakfast
- Make a to-do list for the next day

SELF CARE

- Brush teeth
- Floss teeth
- Wash face
- Mousturize face
- Apply lotion
- Apply chapstick
- Read
- Time with spouse
- Journal
- Stick to a bedtime

KIDS

- Put away toys
- Pack lunches
- Pack school bags
- Lay out clothes and shoes for the next day
- Put on pajamas
- Brush teeth
- Go potty