

# Routine Form

Name: Alice Brown

Date: 10/11/2023

Goals: To improve mental well-being, build a strong family relationship, and cultivate a small garden.

Wake Time: 06:00 AM

Breakfast: Overnight oats and herbal tea.

Morning Meditation: Mindfulness meditation, 6:30 AM, 10 minutes

Morning Reading: 7:00 AM, "The Joy of Living", 20 minutes

Morning Physical: 7:30 AM, Gardening, 30 minutes.

Dinner: Family dinner with homemade meals, 6:00 PM

Sleep: 10:00 PM

Evening Meditation: Family gratitude session, 9:00 PM, 5 minutes

Evening Reading: 9:20 PM, "The Mindful Family", 15 minutes.

Phonedown: 9:45 PM