

NIGHT ROUTINE

WIND DOWN ROUTINE

- ☐ No Screens 1hr Before Bed
- ☐ Plan Tomorrow
- ☐ Skin Care
- ☐ Reading
- ☐
- ☐
- ☐

DIGITAL DETOX

Last Phone Usage:

TARGET BEDTIME

22:30

TARGET WAKE UP

06:00

DAILY REFLECTION

- What went well today?
- What can be improved tomorrow?
- One thing I'm grateful for:

DAY RATING



BRAIN DUMP