

Family Evening Routine Checklist

Wind down well — so tomorrow starts calm

Date: _____

Week of: _____

Day: _____

■ Parent Evening Routine

- Review tomorrow — check calendar & priorities
- Prepare anything needed for tomorrow morning
- Tidy one area of the house (10 minutes max)
- Screens off 30 minutes before bed
- Personal goal check-in — did I do my one thing?
- Journal or reflect — one win from today
- Read, stretch or wind down quietly
- Consistent bedtime — protect your sleep

Tomorrow's priority: _____

Kids Evening Routine

- Homework done and checked
- Pack school bag for tomorrow
- Lay out tomorrow's clothes
- Bath or shower
- Brush teeth & use the bathroom
- Screens off — quiet time only
- Read or listen to a story
- Lights out at consistent time

Anything to remember tomorrow: _____

Evening win: One thing that went well today
