

# Evening Routine Checklist

A free evening routine checklist printable for winding down without gadgets, with a shutdown cue, phone boundary, bedroom reset, and low-energy version.

## Start the wind-down

The cue that tells the day to close is:

Notes: \_\_\_\_\_

The first action after that cue is:

Notes: \_\_\_\_\_

The time or moment this starts is:

Notes: \_\_\_\_\_

## Close open loops

Tomorrow's first task is:

Notes: \_\_\_\_\_

One reminder to park outside the bedroom is:

Notes: \_\_\_\_\_

One thing that can wait is:

Notes: \_\_\_\_\_

## Set the phone boundary

The phone parking spot is:

Notes: \_\_\_\_\_

The screen cutoff cue is:

Notes: \_\_\_\_\_

The replacement wind-down action is:

Notes: \_\_\_\_\_

## Prepare the room

The brightest light source to reduce is:

Notes: \_\_\_\_\_

The bedside or floor reset is:

Notes: \_\_\_\_\_

The low-energy version that still counts is:

Notes: \_\_\_\_\_

Related guide: <https://ahealthyworld.info/blog/evening-routine-checklist-without-gadgets>

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