

Roz

Morning Routine

Date: _____

Week: _____

Wake up time: _____

Routine ends by: _____

Your Morning Tasks

✓	Task	Time	Notes
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____

If things go wrong...

Obstacle	Backup Plan
_____	_____
_____	_____
_____	_____



Evening Routine

Date: _____

Week: _____

Start time: _____

Bedtime target: _____

Your Evening Tasks

✓	Task	Time	Notes
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____
☐	_____	__min	_____

How do you want to feel before bed?

☐ Calm

☐ Grounded

☐ Proud

☐ Ready for tomorrow



Weekly Check-In

Week of: ____/____/____

Completed: ____ of 14 days

Daily Completion

Routine	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Morning	☐	☐	☐	☐	☐	☐	☐	__/7
Evening	☐	☐	☐	☐	☐	☐	☐	__/7

Your Reflection

🌟 What went well this week?

😞 What was hard?

↔️ What will I adjust next week?

🎉 One small win from this week:
