

# Evening Routine Generator

Relax Restore Rest

## Brainstorm Worksheet

Physical:

Walk	Cleanse

Mental:

Create	Relax	Decompress	Fun

Nourish:

Eat	Comfort

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Relax Restore Rest

## Experiment Worksheet

ROUTINE ELEMENTS & TIMING NOTES		RELAX SCORE	RESTORE SCORE
S U N			
M O N			
T U E S			
W E D			
T H U R			
F R I			
S A T			

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Relax Restore Rest

## Evaluate Worksheet

Consider...	What Went Well?	What Needs to Change?	Adjustment I'll Make.
Physical			
Walk			
Cleanse			
Mental			
Create			
Relax			
Decompress			
Fun			
Nourish			
Eat			
Comfort			

# Evening Routine Generator

Relax Restore Rest

## My Evening Routine:

Time/Order

Category

Element/Activity

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