

afternoon routine

- ☐ Eat Lunch
- ☐ Make Dinner
- ☐ Zone Work

evening routine

- ☐ Hit the Hotspots
- ☐ Start Dishwasher
- ☐ Prep Lunches
- ☐ Prep Coffee/Tea
- ☐ Sweep Floor
- ☐ Lay Out Workout/Day Clothes
- ☐ Daily To Do List
- ☐ Check Calendar