PRINTABLE CHECKLIST

“That girl” *morning & night* routine

The routine everyone's trying: calm mornings, slow evenings, and habits that look after future you. Start with 4–5 steps from each list, not all 20.

MORNING ROUTINE

- [ ] Wake up at the same time
- [ ] Drink a glass of water
- [ ] Make your bed
- [ ] Open the curtains / get daylight
- [ ] Skincare + SPF
- [ ] Move 10–30 minutes
- [ ] Shower and get dressed
- [ ] Protein breakfast
- [ ] Write your top 3 for today
- [ ] Phone only after your routine

Example timing: 6:30 wake · 6:45 move · 7:15 shower · 7:40 breakfast · 8:00 plan

NIGHT ROUTINE

- [ ] 10-minute tidy
- [ ] Lay out tomorrow's outfit
- [ ] Pack your bag
- [ ] Write tomorrow's top 3
- [ ] Skincare + lip balm
- [ ] Screens off 30–60 min before bed
- [ ] Read 10 pages
- [ ] Write 3 good things about today
- [ ] Phone charging outside the bedroom
- [ ] Lights out at the same time

Example timing: 9:00 tidy · 9:30 skincare · 10:00 read · 10:30 lights out

DON'T

- Start with all 20 steps
- Check your phone first thing
- Set a 5am alarm on 6 hours' sleep

DO

- Add one new step a week
- Keep the same wake time daily
- Prep tonight what slows you tomorrow

WEEKLY ROUTINE TRACKER

My *routine* this week

MORNING	MON	TUE	WED	THU	FRI	SAT	SUN
Wake up at the same time							
Drink a glass of water							
Make your bed							
Open the curtains / get daylight							
Skincare + SPF							
Move 10–30 minutes							
Shower and get dressed							
Protein breakfast							
Write your top 3 for today							
Phone only after your routine							

NIGHT							
10-minute tidy							
Lay out tomorrow's outfit							
Pack your bag							
Write tomorrow's top 3							
Skincare + lip balm							
Screens off 30–60 min before bed							
Read 10 pages							
Write 3 good things about today							
Phone charging outside the bedroom							
Lights out at the same time							

Build your routine in Habpic

Soft Reset and Better Sleep turn your morning and night routine into daily habits, with reminders and widgets.

Search "Habpic"
App Store · Google Play