

# Daily routine planner (morning & evening)

A calm, visual plan for mornings and evenings to reduce decision load at home.

## Morning routine

Time | Step | Notes

7:00 | Wake up + stretch | Light on, gentle cue

7:10 | Wash + dress | Clothes ready night before

7:25 | Breakfast + water | Protein + hydration

7:40 | Pack bag | Checklist by the door

## Evening routine

Time | Step | Notes

6:00 | Dinner + decompress | Low-noise environment

6:45 | Homework / quiet activity | Use timer blocks

7:30 | Wash + pyjamas | Lights down

8:00 | Wind down | Story, breathing, calm music