

Christina

EVENING ROUTINE

Following this checklist each night ensures that nothing is forgotten.

It also ensures that when I get ready to leave the house in the morning, everything is done – no further thinking required!

Food	Clothing
Make smoothie for tomorrow's breakfast	Prepare clothing for tomorrow's work day and add to gym bag <ul style="list-style-type: none"> • Underwear • Stockings • Shoes • Top • Pants • Jewellery
Make salad for tomorrow's lunch and add to cooler bag	Pre pare gym clothing for tomorrow and lay out the night before <ul style="list-style-type: none"> • Top • Tights • Sports bra and underwear • Socks • Joggers
Grab frozen protein source (chicken, beef etc) from freezer and add to cooler bag	
Grab carb source (brown rice, sweet potato) and add to cooler bag	Gym Bag
Grab snacks (yoghurt, fruit) and add to cooler bag	Water bottle
Put reminder on cooler bag to also remind me to grab smoothie in the morning	Pre Workout container
	Jewellery container
Vitamins	Liner gloves for boxing days
Prepare Green Vitamins in glass and put on bedside table	Flip flops (thongs) for shower
Put tub of Pre Workout into small container and put in gym bag next to water bottle	Bag for dirty washing
	Sweat towel and shower towel
Coffee	Toiletry bag <ul style="list-style-type: none"> • Cleanser, toner, moisturiser • Cotton balls • Deodorant • Soap/body wash
Put pod into coffee machine	
Fill machine with water and place cup into it	
Put thermos beside coffee machine	