EVENING WIND-DOWN RITUAL PACK

A 30-Evening Printable Ritual for Calmer Nights
Companion to the Calm Mind Workbook Pack



30-day wind-down journal • Digital sunset checklists
Evening routine planners • Pre-sleep relaxation page
US Letter • Print as many journal copies as you need

PUZZLE POUT TALON

Product code: PP-CALMMIND-BUMP-01

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What you MAY do with this pack:

• Use the pack yourself, for your own personal use.

• If you are a coach, therapist, or counselor: print the worksheets

• and use them with your own clients during your own work.

• Print extra copies of journal and checklist pages as often as you

• need for yourself or for those clients.

What you may NOT do:

• Share, resell, or give away the digital PDF files themselves.

• Repackage or resell any part of this pack as a digital product.

• Upload the files to any website, marketplace, or file-sharing service.

• Claim the pack as your own original work.

Questions or support: puzzle-pout-talon@duck.com

Important Disclaimer — Please Read

This workbook pack is an educational and relaxation resource. It offers general information about everyday sleep habits, stress management and calm daily routines, plus printable worksheets and trackers you can fill in at your own pace.

It is not medical advice, and it is not a diagnosis or a treatment for any health condition. Nothing in this pack replaces the guidance of a qualified healthcare professional.

If you have ongoing concerns about your sleep, your health, or your wellbeing, please talk with a doctor or another qualified professional who knows your situation. If you ever feel unsafe, contact local emergency services or a trusted support service in your country right away.

Use the exercises gently and at your own pace. Stop any breathing or relaxation exercise if it feels uncomfortable, and adapt every worksheet to what works for your life.

Coaches, therapists and counselors who use these worksheets with their own clients remain responsible for their own professional judgment and for any advice they give.

What's Inside

The 30-Day Wind-Down Journal — 30 evenings

One short page per evening: the six wind-down steps with times, how the evening felt, and a line to park racing thoughts until tomorrow.

Digital Sunset Checklists — 2 pages

Screens-off checklists for weeknights and weekends: devices down, lights dimmed, tomorrow prepared, mind parked.

Evening Routine Planners — 2 pages

Build your own repeatable evening routine, step by step, with times that fit your real life.

Pre-Sleep Relaxation Page — 1 page

A gentle body-scan and slow-breathing worksheet for the last minutes before lights out.

Print extra journal copies any time — a pen is all you need.

Wind-Down Journal — Day 1

Evening 1 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 2

Evening 2 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 3

Evening 3 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 4

Evening 4 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 5

Evening 5 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 6

Evening 6 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 7

Evening 7 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 8

Evening 8 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 9

Evening 9 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 10

Evening 10 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 11

Evening 11 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 12

Evening 12 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 13

Evening 13 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 14

Evening 14 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 15

Evening 15 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 16

Evening 16 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 17

Evening 17 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 18

Evening 18 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 19

Evening 19 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 20

Evening 20 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 21

Evening 21 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 22

Evening 22 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 23

Evening 23 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 24

Evening 24 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 25

Evening 25 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 26

Evening 26 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 27

Evening 27 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 28

Evening 28 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 29

Evening 29 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Wind-Down Journal — Day 30

Evening 30 of 30 Date: _____

Tonight's wind-down, step by step

Step	Done? / Time
Screens off (digital sunset)	
Lights dimmed, room ready	
Wash, change, teeth	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out	

How the evening felt

	Your mark
Body tension when I started (1–10)	
Calm when I finished (1–10)	
Parked thoughts written down? Yes / No	

One thought to park until tomorrow

Digital Sunset Checklist — Weeknight

Name: _____ Date: _____

Tick each step as you do it. The goal is a calm, repeatable last hour — not a perfect one. Adjust the times to your life and keep the order.

- [ ] Phone on charge outside the bedroom (or across the room)
- [ ] Tablet, laptop and TV off or closed
- [ ] Bright overhead lights off; lamps only
- [ ] Tomorrow's clothes and bag ready
- [ ] Doors checked, house settled for the night
- [ ] Notepad by the bed for parked thoughts
- [ ] Alarm set — then no more clock-watching
- [ ] A pleasant, low-key activity chosen (book, music, stretch)

Anything that kept pulling me back to a screen

Digital Sunset Checklist — Weekend

Name: _____ Date: _____

Weekends run later for most people; the ritual still works. Keep the same order, shift the times, and protect the screens-off step — it does the most work.

- [ ] Phone on charge outside the bedroom (or across the room)
- [ ] Tablet, laptop and TV off or closed
- [ ] Bright overhead lights off; lamps only
- [ ] Tomorrow's clothes and bag ready
- [ ] Doors checked, house settled for the night
- [ ] Notepad by the bed for parked thoughts
- [ ] Alarm set — then no more clock-watching
- [ ] A pleasant, low-key activity chosen (book, music, stretch)

Anything that kept pulling me back to a screen

My Evening Routine — Planner 1

Name: _____ Date: _____

Write the routine once; follow the list each night. Six steps is plenty. Times are guides — the order is what your body learns.

Step	My plan
Digital sunset (screens off) at	
Lights dimmed / room ready at	
Wash, change, teeth at	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out at	

One step to make easier next week

My Evening Routine — Planner 2

Name: _____ Date: _____

Write the routine once; follow the list each night. Six steps is plenty. Times are guides — the order is what your body learns.

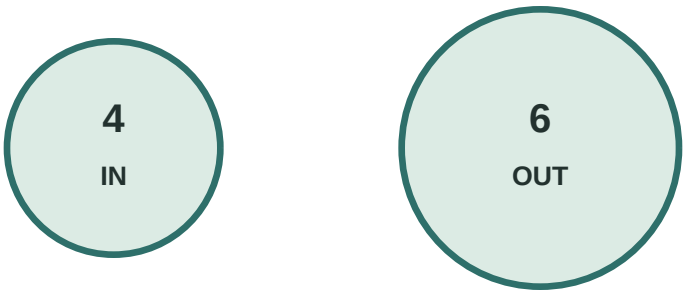
Step	My plan
Digital sunset (screens off) at	
Lights dimmed / room ready at	
Wash, change, teeth at	
Gentle stretch, shower or bath	
Paper book, music or quiet activity	
Lights out at	

One step to make easier next week

Pre-Sleep Relaxation: Body Scan & Slow Breathing

Name: _____ Date: _____

Lie in bed or sit comfortably. Breathe slowly: in for a count of 4, out for a count of 6, for about two minutes. Then move your attention slowly from feet to head, relaxing each part as you pass it. Stop if anything feels uncomfortable, and simply breathe normally.



Body scan checklist (move slowly, tick as you go)

- ☐ Feet and legs — let them feel heavy
- ☐ Hands and arms — unclench, soften
- ☐ Shoulders and jaw — drop them on an out-breath
- ☐ Face and forehead — smooth and slack
- ☐ Whole body — one slow breath, then rest

Last line before lights out

Keep Going!

Finished the pack? Here is what to do next:

1) Claim your FREE mini gift pack

A complete mini whodunit case, free on our hub gift page — new free packs land there first.

Claim Your Free Gift

https://puzzlepouttalon-hub.pages.dev/gift/?src=pdf-gift

2) More ready-to-print packs from Puzzle Pout Talon

Whodunit Detective Puzzle Pack v2

100 ready-to-print detective mystery puzzles with full answer keys.

View on the Hub ->

AI KDP Master-Pack

A 12-volume printable puzzle collection for KDP publishers, with full answers.

View on the Hub ->

Cold Case Detective Studio

Printable cold-case files: evidence sheets, suspect profiles and case puzzles.

View on the Hub ->

AI KDP Prompt Pack - 500 Prompts

500 ready-to-use ChatGPT prompts for creating KDP activity and puzzle books.

View on the Hub ->

Mythic Creature Atlas & Lore Pack

A printable field-guide atlas of mythical creatures — maps, lore, activities.

View on the Hub ->

3) Everything else lives on our official hub

Browse the Full Catalog on the Hub

https://puzzlepouttalon-hub.pages.dev/?src=pdf-calmmind

Support, any time: puzzle-pout-talon@duck.com

Thank you for learning with us — see you in the next pack!