

THIS BOOK BELONGS TO

STARTED

FINISHED

WHAT IS INSIDE

☐ Daily / weekly / monthly plans

☐ Habit, mood and sleep trackers

☐ Meal planner, grocery list, recipes

☐ Workout and activity logs

☐ Reading log and book notes

☐ Gratitude and journal pages

☐ To-do lists and project planner

☐ Budget, expense and savings trackers

☐ Bill tracker and cleaning schedule

☐ Passwords, dates and contacts

☐ Trip planner and packing list

☐ Pet and plant care logs

☐ Dot grid, graph and lined pages

☐ Cornell notes

DAILY PLAN

Date _____ Top priority _____

TIME	TASK
6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	

NOTES

WEEKLY PLAN

Week of _____

DAY	FOCUS	TO-DO

WEEKLY FOCUS

MONTHLY PLAN

January

Month _____ Year _____

SUN

MON

TUE

WED

THU

FRI

SAT

THIS MONTH

HABIT TRACKER

Month _____

HABIT

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Drink water																															
Move 30 min																															
Read																															
Sleep 8 hrs																															
No screens after 9																															
Tidy 15 min																															
Journal																															
Stretch																															
Walk outside																															
Plan tomorrow																															

REFLECTION

MOOD TRACKER

Month _____

DAY

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
MORNING																															
AFTERNOON																															
EVENING																															

LEGEND

1 = low 2 3 4 5 = great

NOTES

SLEEP LOG

Track bedtime, wake time and how rested you felt

[illegible]

WATER TRACKER

Goal: _____ glasses a day

MEAL PLANNER

Week of _____

DAY	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

SNACKS & NOTES

GROCERY LIST

Plan once, shop once

PRODUCE

☐	☐	☐
☐	☐	☐
☐	☐	

PANTRY

☐	☐	☐
☐	☐	☐
☐	☐	

OTHER

☐	☐	☐
☐	☐	☐
☐	☐	

BUDGET

Planned _____ Spent _____

RECIPE

Name _____ Serves _____

QTY

INGREDIENT

METHOD

WORKOUT LOG

Date _____ Focus _____

[illegible]

ACTIVITY LOG

Daily movement and how you felt

READING LOG

Books, articles and ideas worth keeping

BOOK NOTES

Title _____ Author _____

WHAT IT IS ABOUT

IDEAS TO KEEP

FAVOURITE LINE

RATING

1 2 3 4 5

GRATITUDE

Date _____

TODAY I AM GRATEFUL FOR

ONE GOOD THING THAT HAPPENED

NOTES

JOURNAL

Date _____

GOAL PLANNER

What, by when, and the very next step

[illegible]

WHAT COULD GET IN THE WAY

TO-DO LIST

Date _____

[illegible]

TOMORROW

PROJECT PLANNER

Project _____ Due _____

TO DO

IN PROGRESS

DONE

NOTES

BUDGET TRACKER

Month _____

EXPENSE LOG

Month _____

[illegible]

TOTAL

SAVINGS TRACKER

Goal _____ Target _____

% COMPLETE

1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

DATE _____

AMOUNT

BALANCE

BILL TRACKER

Year _____

CLEANING SCHEDULE

One room at a time

ROOMS

- ☐ Kitchen: Counters
- ☐ Kitchen: Sink
- ☐ Kitchen: Fridge
- ☐ Kitchen: Floor
- ☐ Kitchen: Microwave
- ☐ Bathroom: Shower
- ☐ Bathroom: Toilet
- ☐ Bathroom: Mirror
- ☐ Bathroom: Floor
- ☐ Bathroom: Towels
- ☐ Bedroom: Bed
- ☐ Bedroom: Nightstand
- ☐ Bedroom: Closet
- ☐ Bedroom: Floor
- ☐ Bedroom: Dust
- ☐ Living: Sofa
- ☐ Living: Coffee table
- ☐ Living: Shelves
- ☐ Living: Floor
- ☐ Living: Windows
- ☐ Entry: Shoes
- ☐ Entry: Mail
- ☐ Entry: Doormat
- ☐ Entry: Coat rack
- ☐ Entry: Keys

PASSWORDS & ACCOUNTS

Keep this book somewhere safe

IMPORTANT DATES

Birthdays, anniversaries, renewals

CONTACTS

TRIP PLANNER

Where _____ When _____

PACKING LIST

PLANT CARE LOG

Plant _____

GRAPH

CORNELL NOTES

Topic _____ Date _____

CUES / QUESTIONS

NOTES

SUMMARY