girly

{planner}

JAN
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MAY
JUN
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girly

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JAN
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girly

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girly journal

JAN
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- 52 Weekly Savings
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- Todo
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MONTHS

JAN FEB MAR

APR MAY JUN

JUL AUG SEP

OCT NOV DEC

AT GLANCE

JAN FEB MAR

APR MAY JUN

JUL AUG SEP

OCT NOV DEC

WEEKLY

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SUN

MONDAY

DATE:

TODAY'S SCHEDULE

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TOP PRIORITIES

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FOR TOMORROW

NOTES

TUESDAY

DATE:

TODAY'S SCHEDULE

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TOP PRIORITIES

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TO DO LIST

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FOR TOMORROW

NOTES

WEDNESDAY

DATE:

TODAY'S SCHEDULE

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TOP PRIORITIES

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TO DO LIST

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FOR TOMORROW

NOTES

THURSDAY

DATE:

TODAY'S SCHEDULE

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TOP PRIORITIES

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TO DO LIST

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FOR TOMORROW

NOTES

FRIDAY

DATE:

TODAY'S SCHEDULE

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TOP PRIORITIES

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TO DO LIST

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FOR TOMORROW

NOTES

SATURDAY

DATE:

TODAY'S SCHEDULE

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TOP PRIORITIES

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TO DO LIST

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FOR TOMORROW

NOTES

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

SUNDAY

DATE:

TODAY'S SCHEDULE

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TOP PRIORITIES

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FOR TOMORROW

NOTES

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

JANUARY AT A GLANCE

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PRIORITIES OF THE MONTH

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TO DO'S

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NOTES

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

FEBRUARY AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

MARCH AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

APRIL AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

MAY AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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JUNE AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

JULY AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

AUGUST AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

SEPTEMBER AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

OCTOBER AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

NOVEMBER AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

DECEMBER AT A GLANCE

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PRIORITIES OF THE MONTH

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NOTES

WELLNESS

Meditation Tracker

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

TOTAL MEDITATION TIME:

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAILY MINDFULNESS

WHAT CAN I SEE?

HOW DO I FEEL?

WHAT DO I SMELL?

WHAT CAN I HEAR?

NOTES

MY AFFIRMATIONS

Vitamins & Supplement Tracker

Week of _____

vitamins - supplements	M	T	W	T	F	S	S
_____							
_____							
_____							
_____							
_____							
_____							
_____							

REFILLES NEEDED : _____

_____

_____

_____

_____

Week of_____

vitamins - supplements	M	T	W	T	F	S	S
_____							
_____							
_____							
_____							
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_____							

REFILLES NEEDED : _____

_____

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Week of_____

vitamins - supplements	M	T	W	T	F	S	S
_____							
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REFILLES NEEDED : _____

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Week of_____

vitamins - supplements	M	T	W	T	F	S	S
_____							
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REFILLES NEEDED : _____

_____

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Positive thoughts

NEGATIVE THOUGHT	POSITIVE THOUGHT
NEGATIVE THOUGHT	POSITIVE THOUGHT
NEGATIVE THOUGHT	POSITIVE THOUGHT
NEGATIVE THOUGHT	POSITIVE THOUGHT
NEGATIVE THOUGHT	POSITIVE THOUGHT
NEGATIVE THOUGHT	POSITIVE THOUGHT
NEGATIVE THOUGHT	POSITIVE THOUGHT

SELF-CARE JAR

WRITE DOWN YOUR SELF-CARE IDEAS AND COLOR IN EACH HEART WHEN GOALS ARE REACHED

SELF-CARE ROUTINE

Body and health

Relationship with other

Rest and relaxation

Soul and inner growth

SELF-CARE PLANNER

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
NOTES				

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

HEALTH & FITNESS

MEAL PLANNER

Dates _____

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WEIGHT LOSS GOALS

Start Date:	Target Date:

Goal:

Why:

Measurements:

	Weight	Neck	Chest	Waist	Hips	Thighs	Bust	Biceps
Start								
After								

Achieved Goal:

Rewards:

BEFORE & AFTER

START DATE:	FINISH DATE:

BEFORE		AFTER	

MEASUREMENT TRACKER

	Weight	Neck	Chest	Waist	Hips	Thighs	Bust	Biceps
January								
February								
March								
April								
May								
June								
July								
August								
September								
October								
November								
December								

Notes

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DIET LOG

DATE:

CALORIES	CARBS (g)	SUGAR (g)	PROTEIN (g)	FAT (g)

Time	Food	Calories	Carbs	Sugar	Protein	Fat
Total						

Calorie Tracker

WEEK _____

	BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL CALORIES
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

WEIGHT LOSS GOAL

100% ..... KG

90% ..... KG

80% ..... KG

70% ..... KG

60% ..... KG

50% ..... KG

40% ..... KG

30% ..... KG

20% ..... KG

10% ..... KG

START ..... KG

Notes:

FITNESS GOALS

MISSION	START	END	RESULT

FINANCES

Monthly Budget Tracker

INCOME	DATE	EXPECTED	ACTUAL

TOTAL :

BILLS	DATE	EXPECTED	ACTUAL

TOTAL :

EXPENSES	DATE	EXPECTED	ACTUAL

TOTAL :

SHOPPING FUNDS	DATE	EXPECTED	ACTUAL

TOTAL :

SAVINGS	DATE	EXPECTED	ACTUAL

TOTAL :

DEPT	DATE	EXPECTED	ACTUAL

TOTAL :

OVER-ALL PERFORMANCE

	EXPECTED	ACTUAL	DIFF
INCOME			
BILLS			
EXPENSES			
SHOPPING FUNDS			
SAVINGS			
DEPT			

TOTAL :

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

52 WEEK SAVING

STARTING BALANCE:	MINIMUM SAVING:
SAVING FOR:	GOAL MONTHLY SAVING:
SAVING GOAL:	GOAL SAVING DATE:

WEEK	AMOUNT SAVED	BALANCE	WEEK	AMOUNT SAVED	BALANCE
1			21		
2			22		
3			23		
4			24		
5			25		
6			26		
7			27		
8			28		
9			29		
10			30		
11			31		
12			32		
13			33		
14			34		
15			35		
16			36		
17			37		
18			38		
19			39		
20			40		

52 WEEK SAVING

STARTING BALANCE:	MINIMUM SAVING:
SAVING FOR:	GOAL MONTHLY SAVING:
SAVING GOAL:	GOAL SAVING DATE:

WEEK	AMOUNT SAVED	BALANCE	WEEK	AMOUNT SAVED	BALANCE
41			47		
42			48		
43			49		
44			50		
45			51		
46			52		

NOTES

Expense Tracker

MONTH _____

ITEM	DATE	AMOUNT	PAID BY

Income Tracker

MONTH _____

DATE	DESCRIPTION	SOURCE	AMOUNT

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Bill Tracker

MONTH _____

BILLS:	DUE ON:	PAID ON:	AMOUNT:

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Credit Card Tracker

MONTH _____

COMPANY :	ACC NUMBER	PHONE :	CREDIT LIMIT:

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

SAVINGS JAR

GOAL :

PRODUCTIVITY

Task Tracker

PRIORITY TASKS:	DELEGATED TO:	DATE:
☐		
☐		
☐		

Productivity Tracker

MIDDAY

9:00

15:00

18:00

PRIORITIES OF THE DAY	PRIORITIES OF THE DAY

SMART GOALS

S

SPECIFIC

M

MEASUREABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BASED

SPEED CLEANING

15 MINUTES	30 MINUTES	60 MINUTES
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○	○	○

SPRING CLEANING

SUPPLIES

CLOSETS

BATHROOMS

DINING ROOM

LIVING ROOM

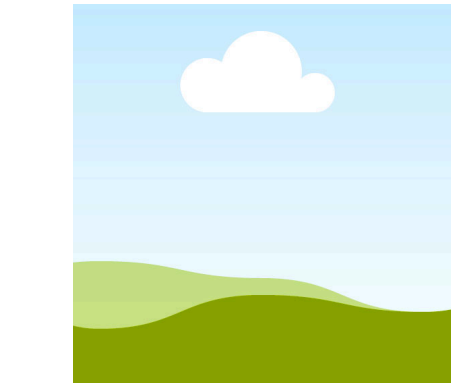
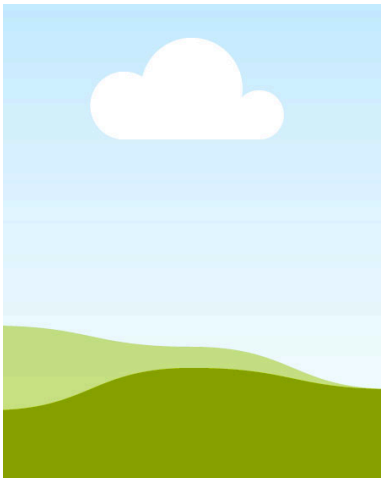
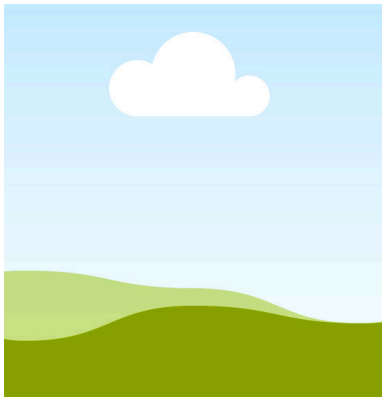
OTHER

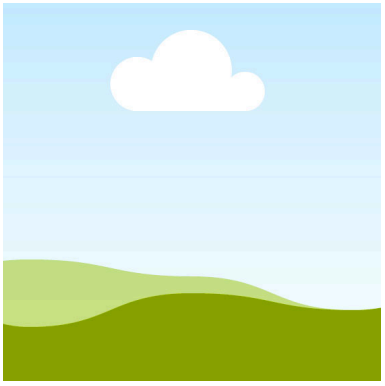
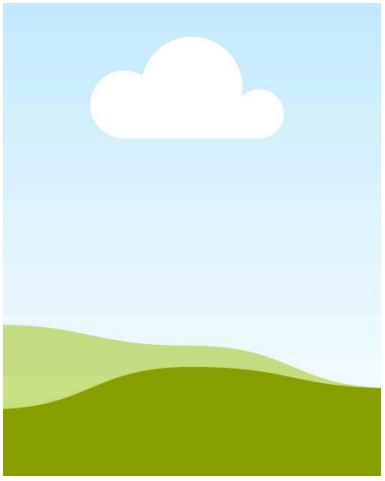
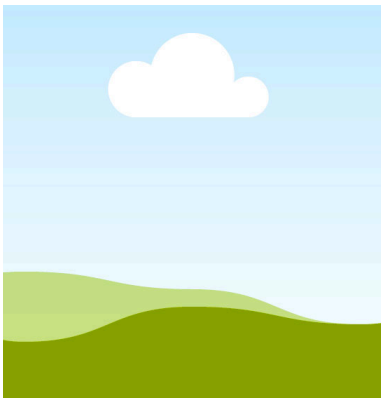
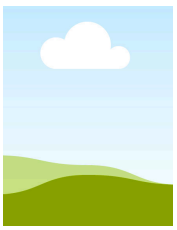
KITCHEN

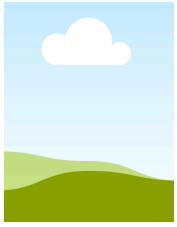
ENTRY

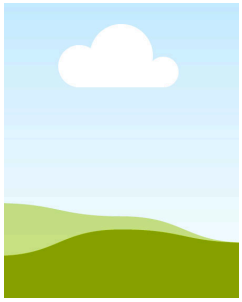
OFFICE

APPROPRIATE TEXT VISION BOARD





JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

TODO	Date	Priority