



planner

	BD	notebook	health	rules	goals	not to do	money	projects	stickers			
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
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25												
26												
27												
28												
29												
30												
31												

year Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

goals

to do

notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31

Friday

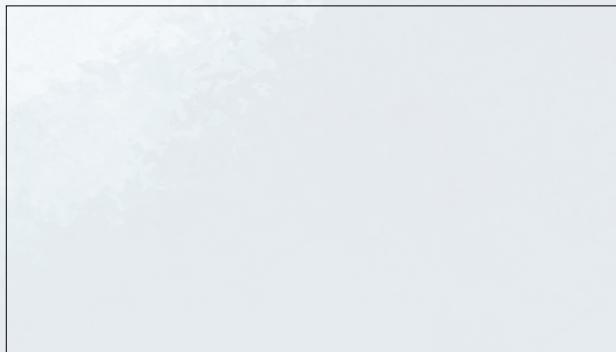
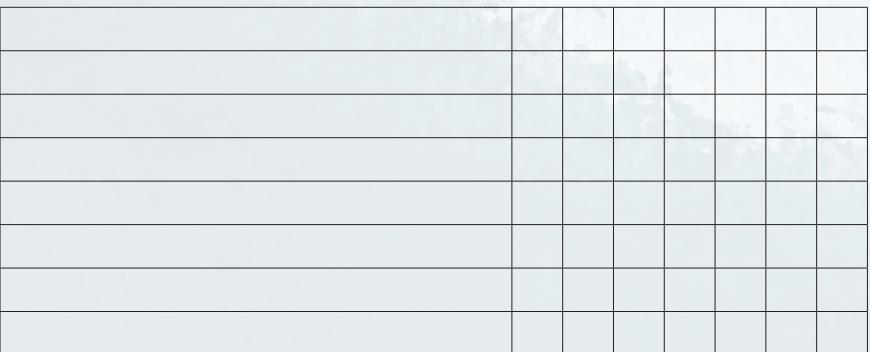
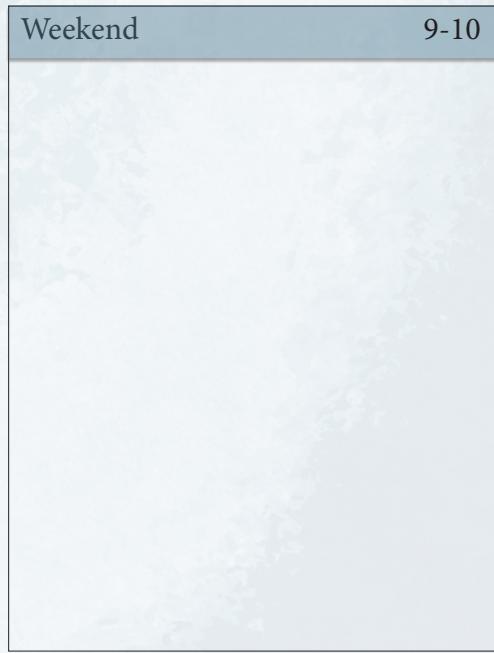
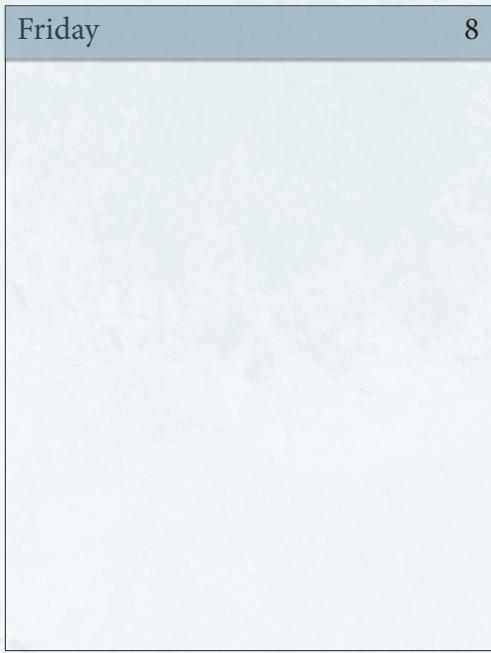
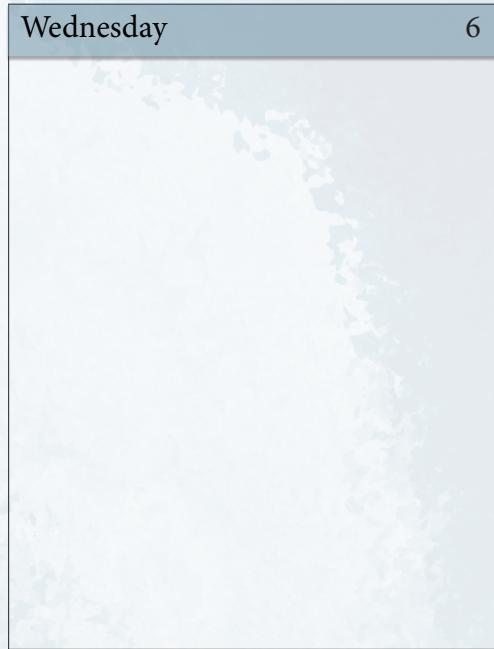
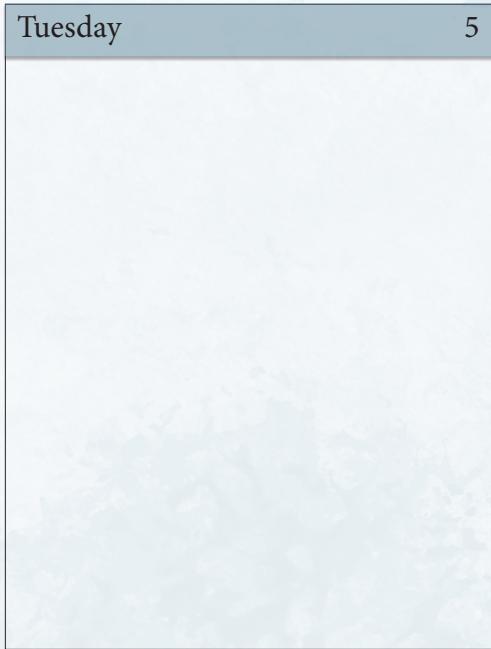
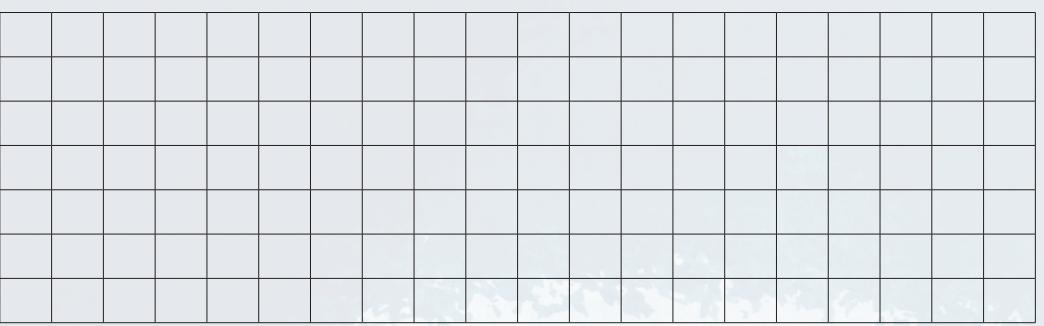
Saturday

Sunday

3

January- week 1

W	M	T	W	T	F	S	S
53					1	2	3
1	4	5	6	7	8	9	10
2	11	12	13	14	15	16	17
3	18	19	20	21	22	23	24
4	25	26	27	28	29	30	31



January- week 2

W	M	T	W	T	F	S	S
53					1	2	3
1	4	5	6	7	8	9	10
2	11	12	13	14	15	16	17
3	18	19	20	21	22	23	24
4	25	26	27	28	29	30	31

Monday	11	Tuesday	12	Wednesday	13		
Thursday	14	Friday	15	Weekend	16-17		

January- week 3

W	M	T	W	T	F	S	S
53					1	2	3
1	4	5	6	7	8	9	10
2	11	12	13	14	15	16	17
3	18	19	20	21	22	23	24
4	25	26	27	28	29	30	31

Monday	18	Tuesday	19	Wednesday	20
Thursday	21	Friday	22	Weekend	23-24

January- week 4

W	M	T	W	T	F	S	S
53					1	2	3
1	4	5	6	7	8	9	10
2	11	12	13	14	15	16	17
3	18	19	20	21	22	23	24
4	25	26	27	28	29	30	31

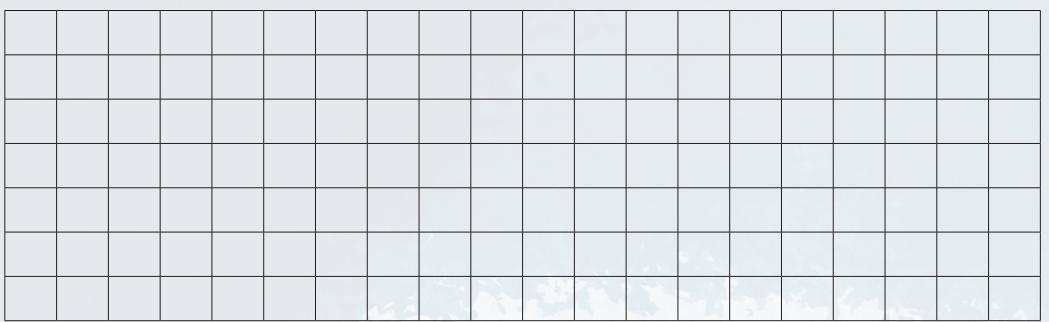
Monday	25	Tuesday	26	Wednesday	27
Thursday	28	Friday	29	Weekend	30-31

goals

to do

notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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



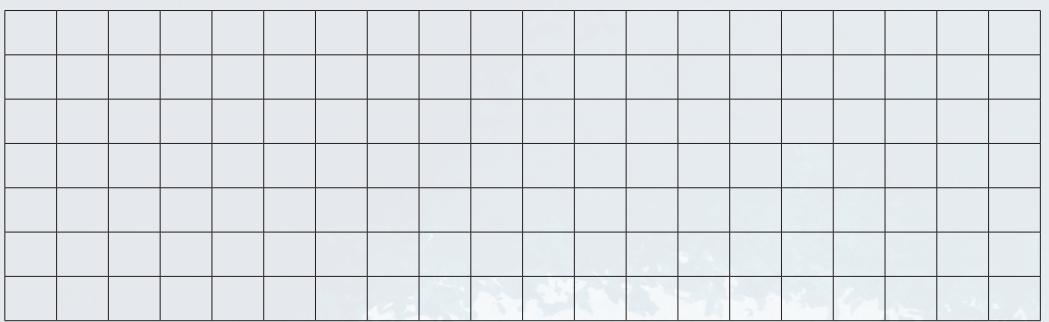
February- week 5

W	M	T	W	T	F	S	S
5	1	2	3	4	5	6	7
6	8	9	10	11	12	13	14
7	15	16	17	18	19	20	21
8	22	23	24	25	26	27	28

Monday	1	Tuesday	2	Wednesday	3

Thursday	4	Friday	5	Weekend	6-7

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February- week 6

W	M	T	W	T	F	S	S
5	1	2	3	4	5	6	7
6	8	9	10	11	12	13	14
7	15	16	17	18	19	20	21
8	22	23	24	25	26	27	28

Monday	8

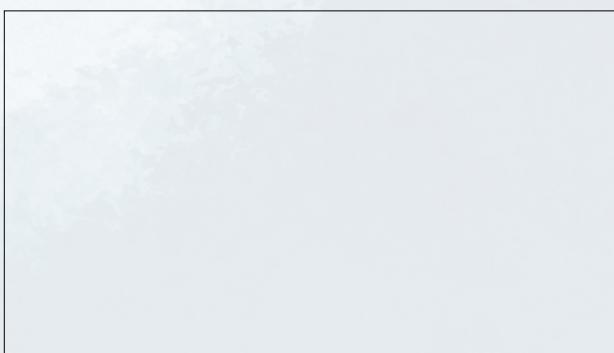
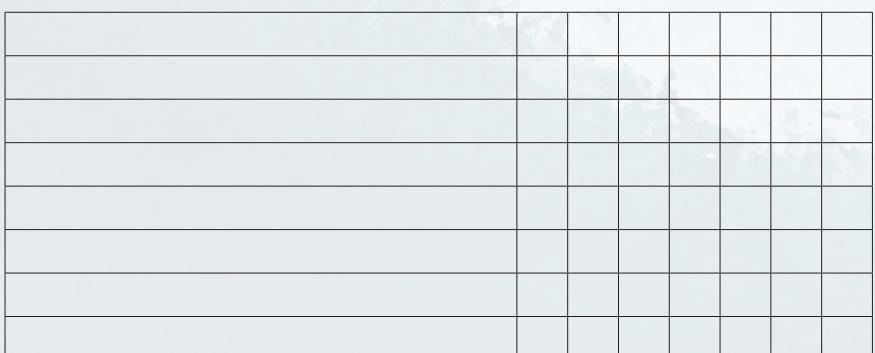
Tuesday	9

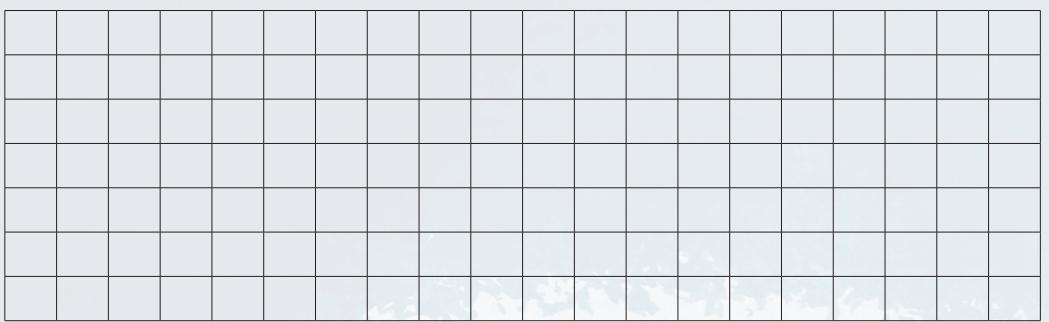
Wednesday	10

Thursday	11

Friday	12

Weekend	13-14





February- week 7

W	M	T	W	T	F	S	S
5	1	2	3	4	5	6	7
6	8	9	10	11	12	13	14
7	15	16	17	18	19	20	21
8	22	23	24	25	26	27	28

Monday 15

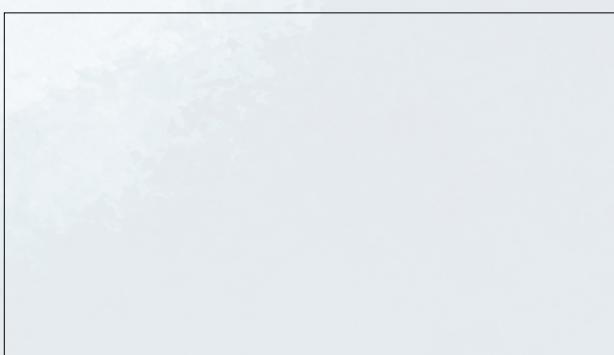
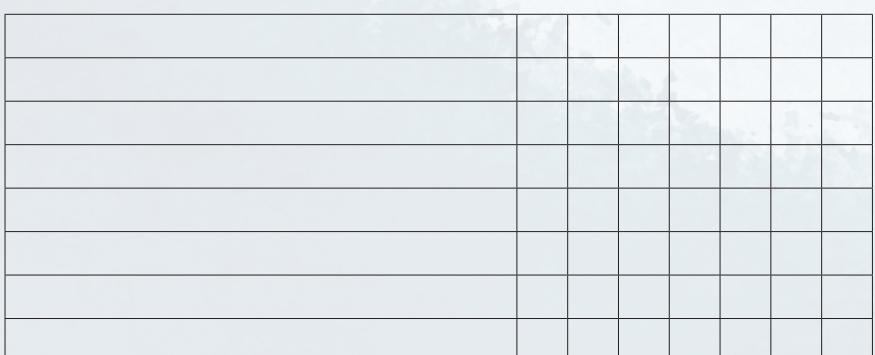
Tuesday 16

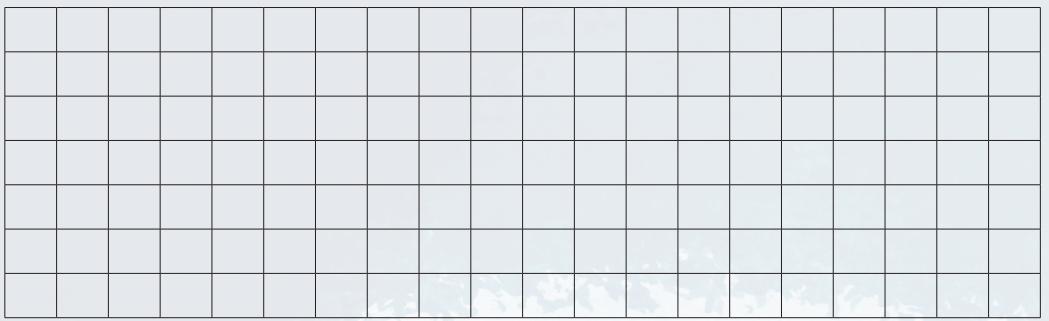
Wednesday 17

Thursday 18

Friday 19

Weekend 20-21

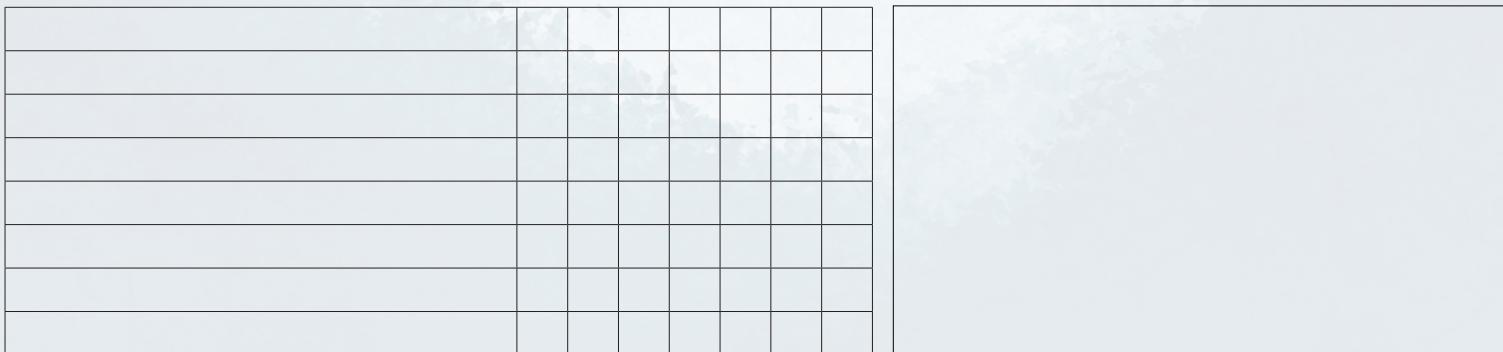




February- week 8

W	M	T	W	T	F	S	S
5	1	2	3	4	5	6	7
6	8	9	10	11	12	13	14
7	15	16	17	18	19	20	21
8	22	23	24	25	26	27	28

Monday	22	Tuesday	23	Wednesday	24
Thursday	25	Friday	26	Weekend	27-28



goals

to do

notes

goals		to do		notes		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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				

March - week 9

W	M	T	W	T	F	S	S
9	1	2	3	4	5	6	7
10	8	9	10	11	12	13	14
11	15	16	17	18	19	20	21
12	22	23	24	25	26	27	28
13	29	30	31				

Monday	1	Tuesday	2	Wednesday	3		
Thursday	4	Friday	5	Weekend	6-7		

March - week 10

W	M	T	W	T	F	S	S
9	1	2	3	4	5	6	7
10	8	9	10	11	12	13	14
11	15	16	17	18	19	20	21
12	22	23	24	25	26	27	28
13	29	30	31				

Monday	8	Tuesday	9	Wednesday	10
Thursday	11	Friday	12	Weekend	13-14

goals

to do

notes

goals	to do					notes
Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
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		

BD

notebook

health

rules

goals

not to do

money

projects

stickers

year

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

April - week 14

W	M	T	W	T	F	S	S
13				1	2	3	4
14	5	6	7	8	9	10	11
15	12	13	14	15	16	17	18
16	19	20	21	22	23	24	25
17	26	27	28	29	30		

Monday	5	Tuesday	6	Wednesday	7
Thursday	8	Friday	9	Weekend	10-11

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money

projects

stickers

year

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

April - week 15

W	M	T	W	T	F	S	S
13				1	2	3	4
14	5	6	7	8	9	10	11
15	12	13	14	15	16	17	18
16	19	20	21	22	23	24	25
17	26	27	28	29	30		

Monday 12	Tuesday 13	Wednesday 14
Thursday 15	Friday 16	Weekend 17-18

April - week 16

W	M	T	W	T	F	S	S
13				1	2	3	4
14	5	6	7	8	9	10	11
15	12	13	14	15	16	17	18
16	19	20	21	22	23	24	25
17	26	27	28	29	30		

Monday 19	Tuesday 20	Wednesday 21
Thursday 22	Friday 23	Weekend 24-25

Apr - May - week 17

W	M	T	W	T	F	S	S
13				1	2	3	4
14	5	6	7	8	9	10	11
15	12	13	14	15	16	17	18
16	19	20	21	22	23	24	25
17	26	27	28	29	30		

Monday	26	Tuesday	27	Wednesday	28
Thursday	29	Friday	30	Weekend	1-2

BD

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projects

stickers

year

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

goals

to do

notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1

2

3

4

5

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9

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11

12

13

14

15

16

17

18

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22

23

24

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29

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31

May - Jun - week 22

W	M	T	W	T	F	S	S
17						1	2
18	3	4	5	6	7	8	9
19	10	11	12	13	14	14	16
20	17	18	19	20	21	22	23
21	24	25	26	27	28	29	30
22	31						

Monday	31	Tuesday	1	Wednesday	2
Thursday	3	Friday	4	Weekend	5-6

goals	to do	notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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				

June - week 23

W	M	T	W	T	F	S	S
22		1	2	3	4	5	6
23	7	8	9	10	11	12	13
24	14	15	16	17	18	19	20
25	21	22	23	24	25	26	27
26	28	29	30				

Monday	7	Tuesday	8	Wednesday	9	

Thursday	10	Friday	11	Weekend	12-13	

year | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec

June - week 25

W	M	T	W	T	F	S	S
22		1	2	3	4	5	6
23	7	8	9	10	11	12	13
24	14	15	16	17	18	19	20
25	21	22	23	24	25	26	27
26	28	29	30				

Monday 21

Tuesday 22

Wednesday 23

Thursday 24

Friday 25

Weekend 26-27

year | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec

goals	to do	notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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	

July - week 28

W	M	T	W	T	F	S	S
26				1	2	3	4
27	5	6	7	8	9	10	11
28	12	13	14	15	16	17	18
29	19	20	21	22	23	24	25
30	26	27	28	29	30	31	

Monday 12

Tuesday 13

Wednesday 14

Thursday 15

Friday 16

Weekend 17-18

year | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec

goals	to do	notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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					

August - week 31

W	M	T	W	T	F	S	S
30							1
31	2	3	4	5	6	7	8
32	9	10	11	12	13	14	15
33	16	17	18	19	20	21	22
34	23	24	25	26	27	28	29
35	30	31					

Monday

Tuesday

Wednesday

Thursday

5

Friday

6

Weekend

August - week 32

W	M	T	W	T	F	S	S
30							1
31	2	3	4	5	6	7	8
32	9	10	11	12	13	14	15
33	16	17	18	19	20	21	22
34	23	24	25	26	27	28	29
35	30	31					

Monday

Tuesday

Wednesday

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Thursday 12

Friday

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Weekend

14-15

Monday

16

Tuesday

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Wednesday

18

Thursday

Friday

Weekend

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Oct

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Dec-

Aug - Sep - week 35

W	M	T	W	T	F	S	S
30							1
31	2	3	4	5	6	7	8
32	9	10	11	12	13	14	15
33	16	17	18	19	20	21	22
34	23	24	25	26	27	28	29
35	30	31					

Monday

Tuesday

Wednesday 1

Thursday

2

Friday 3

Weekend

goals

to do

notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1

2

3

4

5

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13

14

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27

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29

30

September - week 36

W	M	T	W	T	F	S	S
35			1	2	3	4	5
36	6	7	8	9	10	11	12
37	13	14	15	16	17	18	19
38	20	21	22	23	24	25	26
39	27	28	29	30			

Monday

Tuesday

Wednesday

6

7

8

Thursday

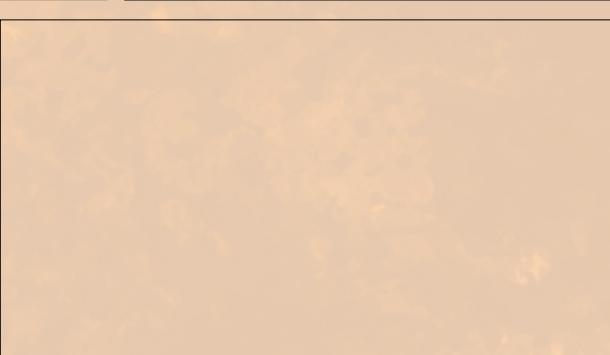
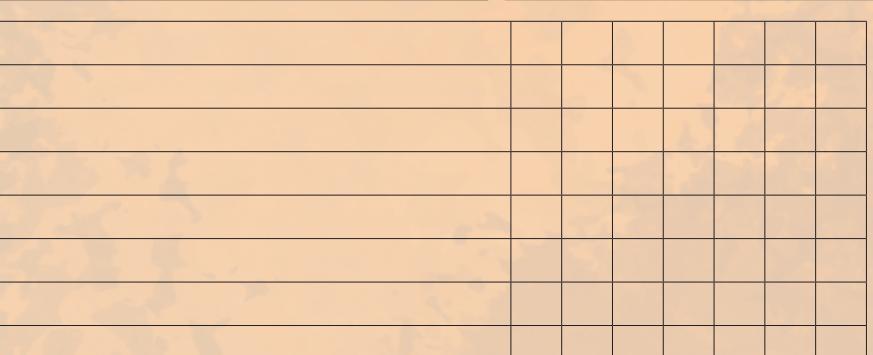
Friday

Weekend

11-12

9

10



September - week 38

W	M	T	W	T	F	S	S
35			1	2	3	4	5
36	6	7	8	9	10	11	12
37	13	14	15	16	17	18	19
38	20	21	22	23	24	25	26
39	27	28	29	30			

Monday	20	Tuesday	21	Wednesday	22
Thursday	23	Friday	24	Weekend	25-26

goals

to do

notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				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

October - week 40

W	M	T	W	T	F	S	S
39					1	2	3
40	4	5	6	7	8	9	10
41	11	12	13	14	15	16	17
42	18	19	20	21	22	23	24
43	25	26	27	28	29	30	31

Monday

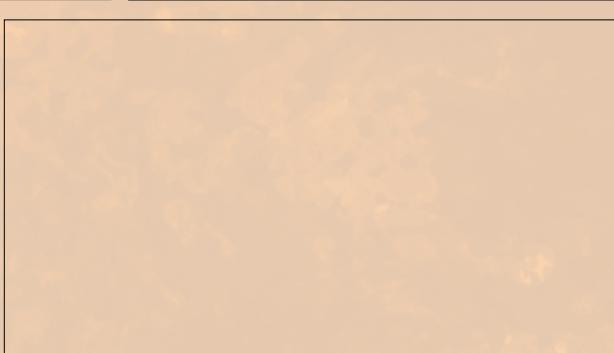
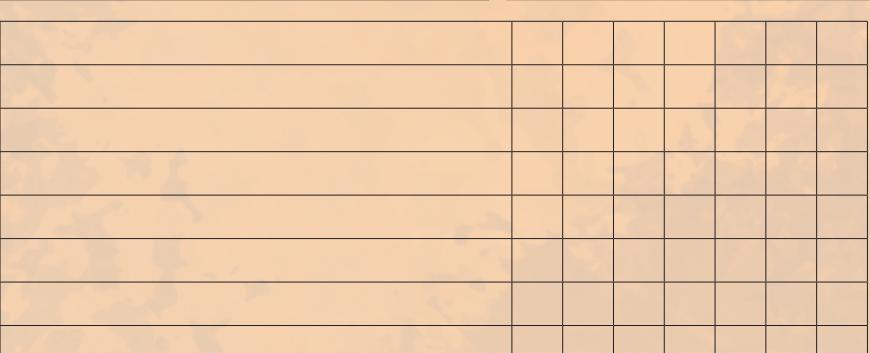
Tuesday

Wednesday

Thursday

Friday

Weekend



October - week 41

W	M	T	W	T	F	S	S
39					1	2	3
40	4	5	6	7	8	9	10
41	11	12	13	14	15	16	17
42	18	19	20	21	22	23	24
43	25	26	27	28	29	30	31

Monday	11	Tuesday	12	Wednesday	13
Thursday	14	Friday	15	Weekend	16-17

October - week 42

W	M	T	W	T	F	S	S
39					1	2	3
40	4	5	6	7	8	9	10
41	11	12	13	14	15	16	17
42	18	19	20	21	22	23	24
43	25	26	27	28	29	30	31

Monday	18	Tuesday	19	Wednesday	20
Thursday	21	Friday	22	Weekend	23-24

October - week 43

W	M	T	W	T	F	S	S
39					1	2	3
40	4	5	6	7	8	9	10
41	11	12	13	14	15	16	17
42	18	19	20	21	22	23	24
43	25	26	27	28	29	30	31

Monday 25

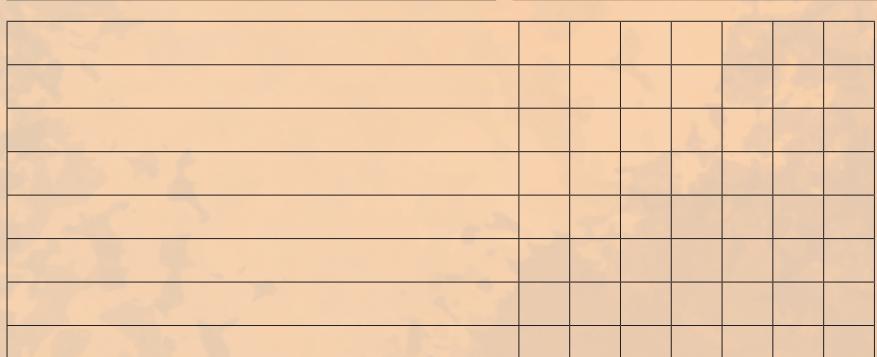
Tuesday 26

Wednesday 27

Thursday 28

Friday 29

Weekend 30-31



goals

to do

notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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					

November - week 44

W	M	T	W	T	F	S	S
44	1	2	3	4	5	6	7
45	8	9	10	11	12	13	14
46	15	16	17	18	19	20	21
47	22	23	24	25	26	27	28
48	29	30					

Monday

1

Tuesday

2

Wednesday

3

Thursday

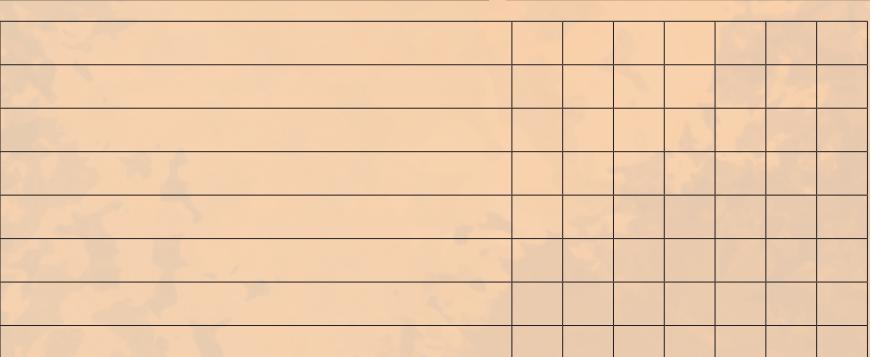
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Friday

5

Weekend

6-7



November - week 45

W	M	T	W	T	F	S	S
44	1	2	3	4	5	6	7
45	8	9	10	11	12	13	14
46	15	16	17	18	19	20	21
47	22	23	24	25	26	27	28
48	29	30					

Monday	8	Tuesday	9	Wednesday	10
Thursday	11	Friday	12	Weekend	13-14

November - week 46

W	M	T	W	T	F	S	S
44	1	2	3	4	5	6	7
45	8	9	10	11	12	13	14
46	15	16	17	18	19	20	21
47	22	23	24	25	26	27	28
48	29	30					

Monday 15	Tuesday 16	Wednesday 17
Thursday 18	Friday 19	Weekend 20-21

November - week 48

W	M	T	W	T	F	S	S
44	1	2	3	4	5	6	7
45	8	9	10	11	12	13	14
46	15	16	17	18	19	20	21
47	22	23	24	25	26	27	28
48	29	30					

Monday 29

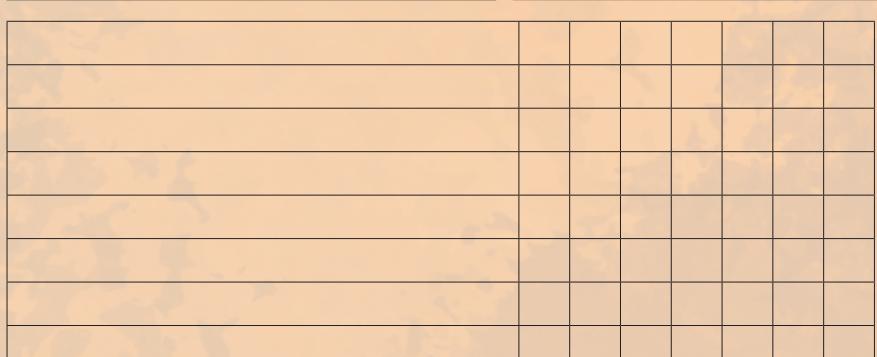
Tuesday 30

Wednesday 1

Thursday 2

Friday 3

Weekend 4-5



goals

to do

notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
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		

December - week 50

W	M	T	W	T	F	S	S
49			1	2	3	4	5
50	6	7	8	9	10	11	12
51	13	14	15	16	17	18	19
52	20	21	22	23	24	25	26
53	27	28	29	30	31		

Monday

6

Tuesday

7

Wednesday

8

Thursday

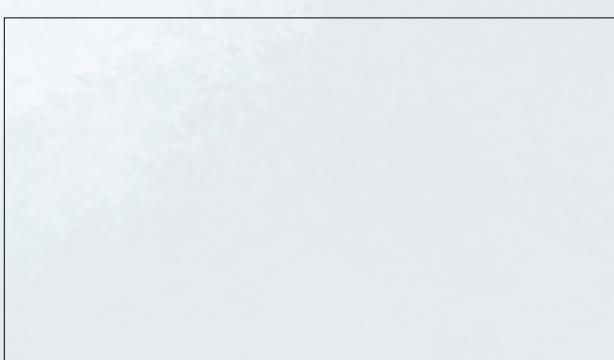
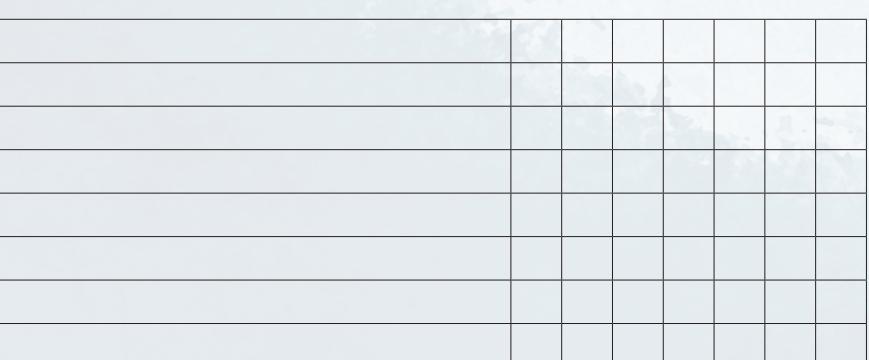
9

Friday

10

Weekend

11-12



December - week 52

W	M	T	W	T	F	S	S
49			1	2	3	4	5
50	6	7	8	9	10	11	12
51	13	14	15	16	17	18	19
52	20	21	22	23	24	25	26
53	27	28	29	30	31		

Monday

20

Tuesday

21

Wednesday

22

Thursday

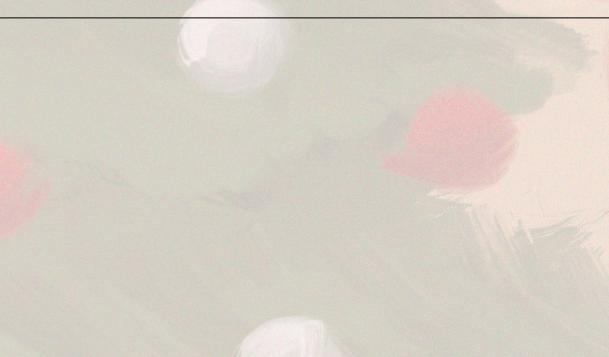
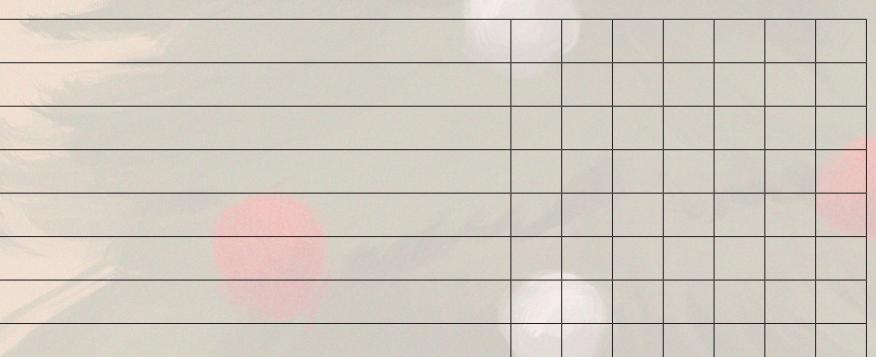
23

Friday

24

Weekend

25-26



December - week 53

W	M	T	W	T	F	S	S
49			1	2	3	4	5
50	6	7	8	9	10	11	12
51	13	14	15	16	17	18	19
52	20	21	22	23	24	25	26
53	27	28	29	30	31		

Monday

Tuesday

28

Wednesday

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31

Brain Dump

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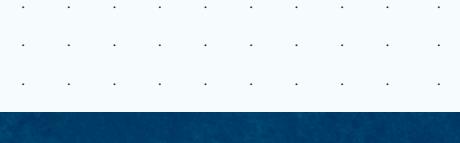
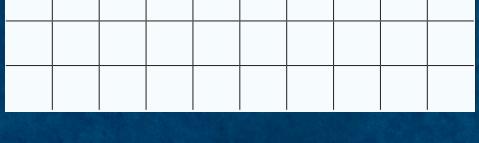
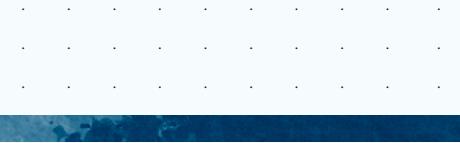
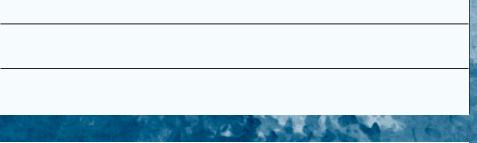
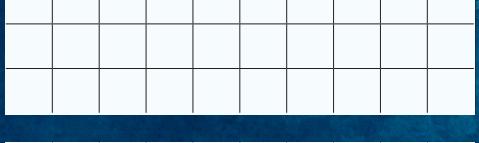
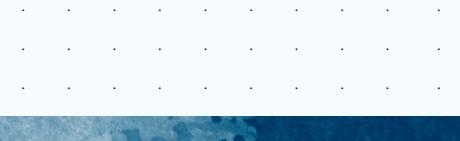
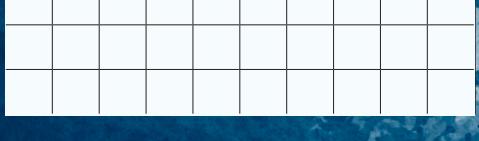
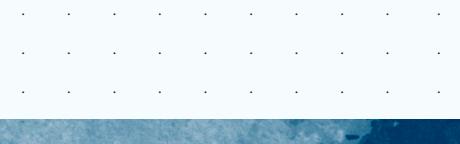
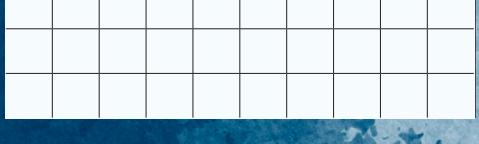
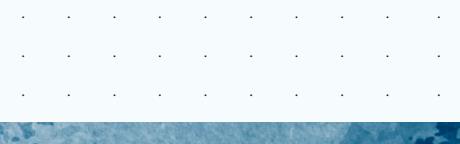
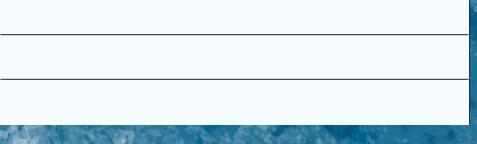
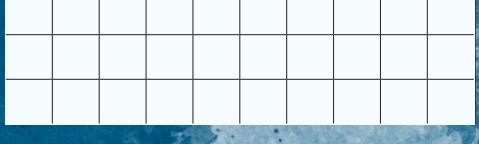
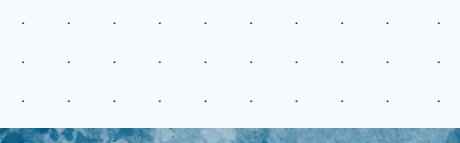
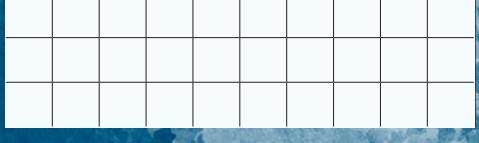
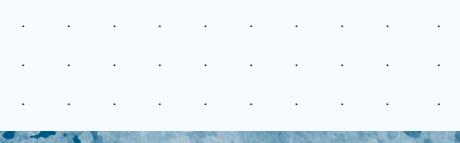
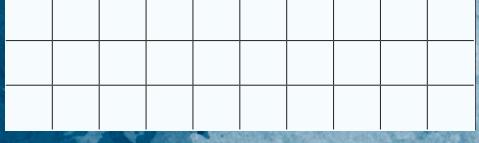
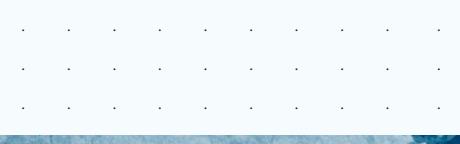
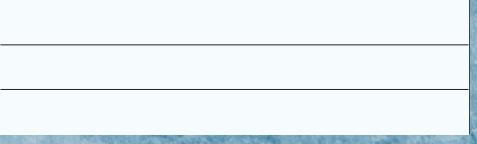
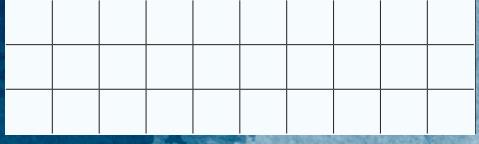
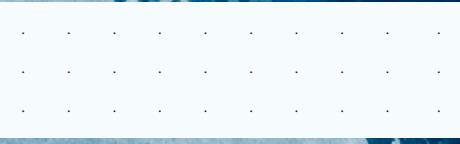
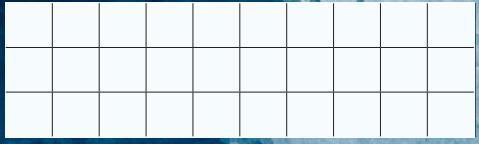
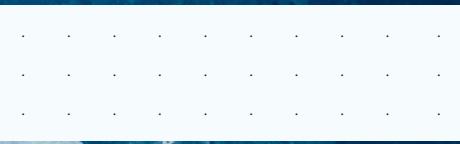
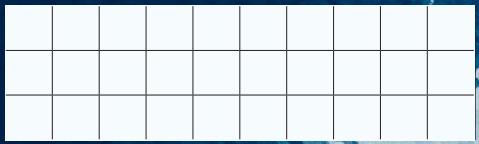
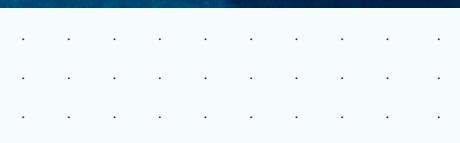
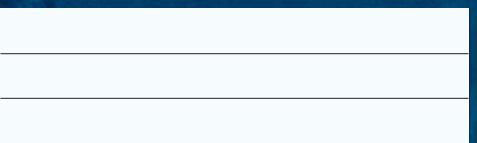
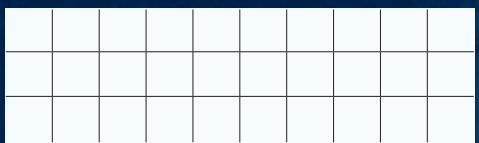
Aug

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	exercise	no sugar	vitamins	water	mental health	healthy diet	weight
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Not to do

Money

expenses

income

	planned	actual
Total		

balance

	planned	actual
savings		
debt		

Goals

by when	for what	monthly goal	total needed
actually saved		amount left until goal	



by when	for what	monthly goal	total needed
actually saved		amount left until goal	

by when	for what	monthly goal	total needed
actually saved		amount left until goal	

Projects

kanban board

project name
start date
end date
budget
project description
research
goals

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