

# 2026

ALL-IN-ONE WELLNESS & PRODUCTIVITY

## Digital Planner

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Daily | Weekly | Monthly Planning

Goal Setting | Habit Tracking | Wellness Journal

Fully Hyperlinked | GoodNotes | Notability | Xodo

*Serenity Collection | Designed for iPad, Android & Windows Tablets*

# 2026 Year at a Glance

YEAR

January						
M	T	W	T	F	S	S
			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	

February						
M	T	W	T	F	S	S
					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						
M	T	W	T	F	S	S
					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			

April						
M	T	W	T	F	S	S
				1	2	3
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			

WEEK

May

May						
M	T	W	T	F	S	S
			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

June

June						
M	T	W	T	F	S	S
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					

July

July						
M	T	W	T	F	S	S
			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		

August

August						
M	T	W	T	F	S	S
			1	2	3	4
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						

September

September						
M	T	W	T	F	S	S
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				

October

October						
M	T	W	T	F	S	S
			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	

November

November						
M	T	W	T	F	S	S
					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						

December

December						
M	T	W	T	F	S	S
			1	2	3	4
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			

# January 2026

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR				1	2	3	4
MONTH	5	6	7	8	9	10	11
WEEK							
DAILY	12	13	14	15	16	17	18
GOALS	19	20	21	22	23	24	25
HABITS	26	27	28	29	30	31	
WELLNESS	<b>Monthly Intentions</b>						<b>Wellness Focus</b>
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Monthly Intentions

Wellness Focus

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
YEAR						1		
MONTH	2	3	4	5	6	7	8	
WEEK								
DAILY	9	10	11	12	13	14	15	
GOALS	16	17	18	19	20	21	22	
HABITS	23	24	25	26	27	28		
WELLNESS	<b>Monthly Intentions</b>						<b>Wellness Focus</b>	
JOURNAL								
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# March 2026

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR							1
MONTH	2	3	4	5	6	7	8
WEEK							
DAILY	9	10	11	12	13	14	15
GOALS	16	17	18	19	20	21	22
HABITS	23	24	25	26	27	28	29
WELLNESS	30	31					
JOURNAL							

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# April 2026

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR			1	2	3	4	5
MONTH	6	7	8	9	10	11	12
WEEK							
DAILY	13	14	15	16	17	18	19
GOALS	20	21	22	23	24	25	26
HABITS	27	28	29	30			
WELLNESS	<b>Monthly Intentions</b>				<b>Wellness Focus</b>		
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# May 2026

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR					1	2	3
MONTH	4	5	6	7	8	9	10
WEEK							
DAILY	11	12	13	14	15	16	17
GOALS	18	19	20	21	22	23	24
HABITS	25	26	27	28	29	30	31
WELLNESS	<b>Monthly Intentions</b>				<b>Wellness Focus</b>		
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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR	1	2	3	4	5	6	7
MONTH	8	9	10	11	12	13	14
WEEK	15	16	17	18	19	20	21
DAILY	22	23	24	25	26	27	28
GOALS	29	30					
HABITS							
WELLNESS							
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Wellness Focus

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
YEAR			1	2	3	4	5		
MONTH	6	7	8	9	10	11	12		
WEEK									
DAILY	13	14	15	16	17	18	19		
GOALS	20	21	22	23	24	25	26		
HABITS	27	28	29	30	31				
WELLNESS	<b>Monthly Intentions</b>					<b>Wellness Focus</b>			
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# August 2026

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR						1	2
MONTH	3	4	5	6	7	8	9
WEEK							
DAILY	10	11	12	13	14	15	16
GOALS	17	18	19	20	21	22	23
HABITS	24	25	26	27	28	29	30
WELLNESS	31						
JOURNAL							
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# September 2026

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR		1	2	3	4	5	6
MONTH	7	8	9	10	11	12	13
WEEK							
DAILY	14	15	16	17	18	19	20
GOALS	21	22	23	24	25	26	27
HABITS	28	29	30				
WELLNESS	<b>Monthly Intentions</b>				<b>Wellness Focus</b>		
JOURNAL							
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# October 2026

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR				1	2	3	4
MONTH	5	6	7	8	9	10	11
WEEK							
DAILY	12	13	14	15	16	17	18
GOALS	19	20	21	22	23	24	25
HABITS	26	27	28	29	30	31	
WELLNESS	<b>Monthly Intentions</b>						<b>Wellness Focus</b>
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# November 2026

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR						1	
MONTH	2	3	4	5	6	7	8
WEEK							
DAILY	9	10	11	12	13	14	15
GOALS	16	17	18	19	20	21	22
HABITS	23	24	25	26	27	28	29
WELLNESS	30						
JOURNAL							

# December 2026

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Serenity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YEAR		1	2	3	4	5	6
MONTH	7	8	9	10	11	12	13
WEEK							
DAILY	14	15	16	17	18	19	20
GOALS	21	22	23	24	25	26	27
HABITS	28	29	30	31			
WELLNESS	<b>Monthly Intentions</b>				<b>Wellness Focus</b>		
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# Weekly Planner - Week 1

Week of: \_\_\_\_\_

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Serenity

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



## Weekly Wellness Check-in

Energy:

    

Mood:

    

Sleep:

    

Movement:

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# Weekly Planner - Week 2

Week of: \_\_\_\_\_

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Serenity

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



## Weekly Wellness Check-in

Energy:

    

Mood:

    

Sleep:

    

Movement:

HOME

# Weekly Planner - Week 3

Week of: \_\_\_\_\_

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Serenity

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



## Weekly Wellness Check-in

Energy:

    

Mood:

    

Sleep:

    

Movement:

HOME

# Weekly Planner - Week 4

Week of: \_\_\_\_\_

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Serenity

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



## Weekly Wellness Check-in

Energy:

    

Mood:

    

Sleep:

    

Movement:

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# Daily Planner

Date: \_\_\_\_\_ Day: \_\_\_\_\_

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## Morning Routine

Wake up time:

\_\_\_\_\_

Water intake:

\_\_\_\_\_

Movement:

\_\_\_\_\_

Mindfulness:

\_\_\_\_\_

Top priority:

\_\_\_\_\_

## Schedule

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

\_\_\_\_\_

## Top 3 Priorities

1

2

3

## To-Do List

## Gratitude & Reflection

*Today I am grateful for...*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Water Intake



## Today's Mood



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# Daily Planner

Date: \_\_\_\_\_ Day: \_\_\_\_\_

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## Morning Routine

Wake up time:

\_\_\_\_\_

Water intake:

\_\_\_\_\_

Movement:

\_\_\_\_\_

Mindfulness:

\_\_\_\_\_

Top priority:

\_\_\_\_\_

## Schedule

6 AM

\_\_\_\_\_

7 AM

\_\_\_\_\_

8 AM

\_\_\_\_\_

9 AM

\_\_\_\_\_

10 AM

\_\_\_\_\_

11 AM

\_\_\_\_\_

12 PM

\_\_\_\_\_

1 PM

\_\_\_\_\_

2 PM

\_\_\_\_\_

3 PM

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4 PM

\_\_\_\_\_

5 PM

\_\_\_\_\_

6 PM

\_\_\_\_\_

7 PM

\_\_\_\_\_

8 PM

\_\_\_\_\_

## Top 3 Priorities

1

2

3

## To-Do List

## Gratitude & Reflection

*Today I am grateful for...*

\_\_\_\_\_  
\_\_\_\_\_

## Water Intake

0 0 0 0 0 0 0 0

## Today's Mood



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# Daily Planner

Date: \_\_\_\_\_ Day: \_\_\_\_\_

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## Morning Routine

Wake up time:

\_\_\_\_\_

Water intake:

\_\_\_\_\_

Movement:

\_\_\_\_\_

Mindfulness:

\_\_\_\_\_

Top priority:

\_\_\_\_\_

## Schedule

6 AM

\_\_\_\_\_

7 AM

\_\_\_\_\_

8 AM

\_\_\_\_\_

9 AM

\_\_\_\_\_

10 AM

\_\_\_\_\_

11 AM

\_\_\_\_\_

12 PM

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1 PM

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2 PM

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3 PM

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4 PM

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5 PM

\_\_\_\_\_

6 PM

\_\_\_\_\_

7 PM

\_\_\_\_\_

8 PM

\_\_\_\_\_

## Top 3 Priorities

1

2

3

## To-Do List

## Gratitude & Reflection

*Today I am grateful for...*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Water Intake



## Today's Mood



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# 2026 Goal Setting

## My Vision for 2026

Write your vision, paste images, or sketch your dream life

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## My Word of the Year

## Life Wheel - Rate Each Area (1-10)

Health & Fitness

         

Career & Growth

      

Relationships

    

Finances

      

Fun & Recreation

    

Personal Development

      

Environment

    

Spirituality

      

## Q1 (Jan-Mar)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Q2 (Apr-Jun)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Q3 (Jul-Sep)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Q4 (Oct-Dec)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Monthly Habit Tracker

Month: \_\_\_\_\_

	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
--	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

Exercise 30 min

Drink 8 glasses water

Read 20 pages

Meditate 10 min

Sleep 7+ hours

No screen before bed

Eat fruits/veggies

Practice gratitude

## Monthly Reflection

What worked well? What will I improve next month?

# Wellness Dashboard

## Sleep Tracker

Mon	Bed: _____	Wake: _____	Hrs: _____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Tue	Bed: _____	Wake: _____	Hrs: _____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Wed	Bed: _____	Wake: _____	Hrs: _____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Thu	Bed: _____	Wake: _____	Hrs: _____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Fri	Bed: _____	Wake: _____	Hrs: _____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Sat	Bed: _____	Wake: _____	Hrs: _____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
Sun	Bed: _____	Wake: _____	Hrs: _____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## Weekly Meal Planner

Breakfast	Lunch	Dinner	Snacks

## Weekly Fitness Log

Day	Activity	Duration	Intensity	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

## Self-Care Menu

Check off what nourishes you this week

- Take a relaxing bath  Read for pleasure
- Call a loved one  Go for a nature walk
- Try a new recipe  Digital detox hour
- Stretching / yoga  Creative expression
- Afternoon nap  Skin care routine
- Listen to a podcast  Declutter a space
- Write in journal  Drink herbal tea
- Practice deep breathing

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# Guided Journal

## Morning Pages

*Today I am grateful for...*

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*My intention for today is...*

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*I will feel accomplished when...*

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*One thing I'm looking forward to...*

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## Evening Reflection

*Best moment of today...*

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*Something I learned...*

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*How did I show kindness...*

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*Tomorrow I will...*

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## Weekly Reflection & Growth

*What were my biggest wins this week?*

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*What challenges did I face, and how did I handle them?*

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*What am I proud of?*

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*What would I do differently?*

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*How did I take care of my mental and physical health?*

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HOME

# Notes

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