dashboard

habit tracker

digital planner

MONTH

YEAR

DAILY HABITS

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

WEEKLY HABITS

WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5

flash cards

notepad

sticky notes

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- dot paper
- line paper
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2019

2020

2019

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		

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	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					

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

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

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				

august

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	

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

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

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

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					

2019

2020

2020

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	

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	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			

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

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

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		

august

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						

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

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

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

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			

Month _____ Year _____

Daily Habits	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

Weekly Habits	Week 1	Week 2	Week 3	Week 4	Week 5

New Habit Tracker

Month _____

Habit _____

Start Date _____ End Date _____

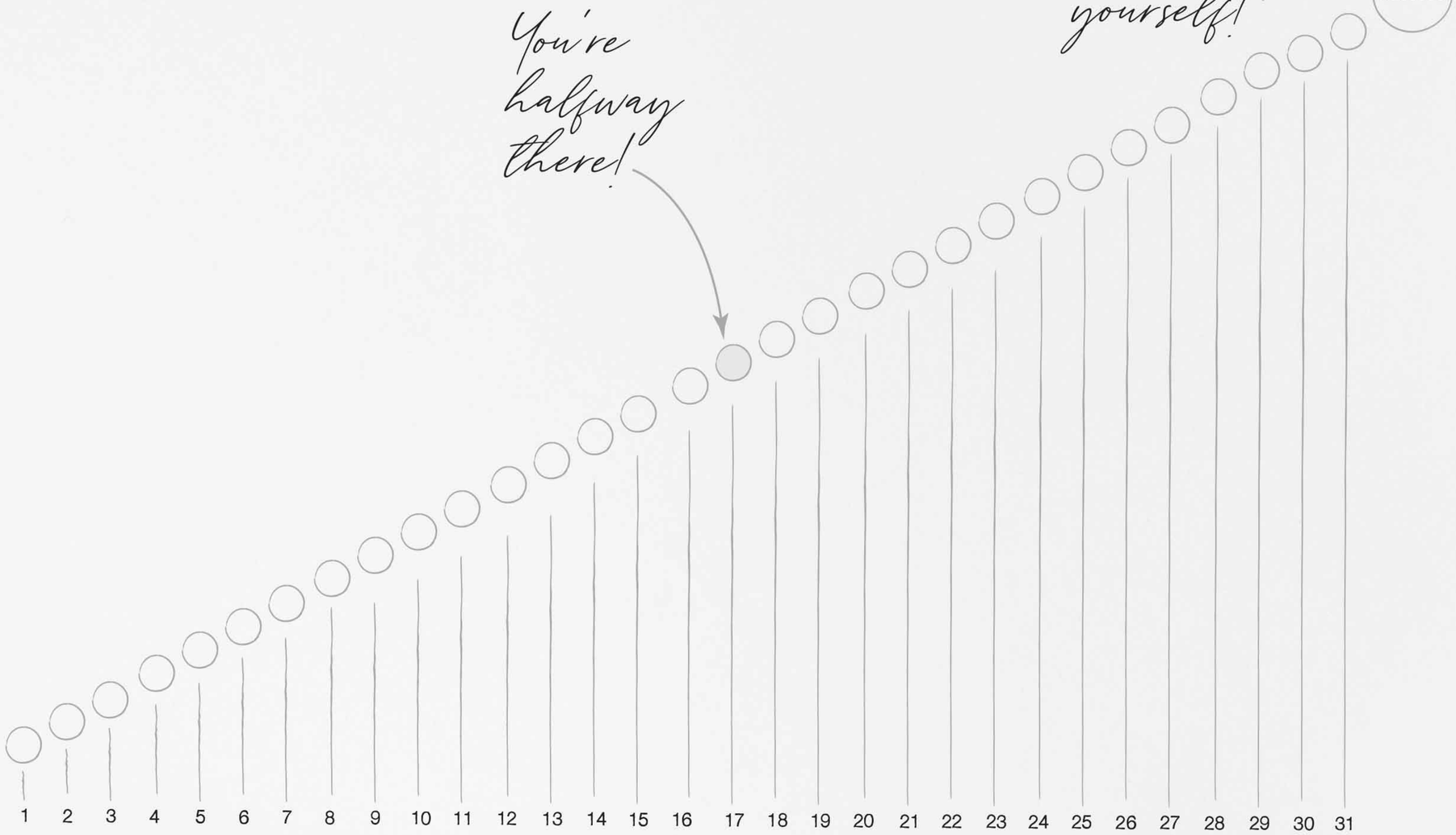
Reason for starting new habit _____

Reward for finishing new habit _____

_____

You're halfway there!

Reward yourself!



Multiple Habit Tracker

january february march april may june july august september october november december

Habit 1 _____

_____

Purpose _____

_____

Habit 2 _____

_____

Purpose _____

_____

Habit 3 _____

_____

Purpose _____

_____

Reason for starting new habit _____

_____

Rewards _____

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
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Weekly Habit Tracker

W1 W2 W3 W4 W5

Month _____ Year _____

Habit	m	t	w	t	f	s	s
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

Expense Tracker

Month _____

Purchased	Date	Item	Reason for Purchase	Price
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				
○				

Total Month Expense

Daily Planner

Date _____

7a _____

8a _____

9a _____

10a _____

11a _____

12p _____

1p _____

2p _____

3p _____

4p _____

5p _____

6p _____

7p _____

8p _____

9p _____

M T W T F S S

goals for today

1 _____ ○

2 _____ ○

3 _____ ○

tasks

1 _____ ○

2 _____ ○

3 _____ ○

4 _____ ○

5 _____ ○

6 _____ ○

7 _____ ○

8 _____ ○

9 _____ ○

10 _____ ○

notes

Saying of the Day

Menu for Today

Highlights of the Day

Daily Routine

Date _____

M T W T F S S

time | morning tasks

purpose | results

afternoon tasks

evening tasks

Date _____

time	tasks

important priorities

1
2
3

meal prep

- ○
- ○
- ○
- ○
- ○
- ○
- ○

daily habits/reminders

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

M T W T F S S

to do list

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

notes

Month _____

W1 W2 W3 W4 W5

monday

tuesday

wednesday

thursday

friday

saturday

sunday

notes

Month _____

W1 W2 W3 W4 W5

monday

tuesday

wednesday

thursday

friday

saturday

sunday

m t w t f s s

Month _____

monday

tuesday

wednesday

thursday

friday

saturday

sunday

weekly goals

1 _____
2 _____
3 _____

tasks

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

tracker

m	t	w	t	f	s	s
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Month _____

W1 W2 W3 W4 W5

monday

tuesday

wednesday

thursday

friday

saturday

sunday

notes

Month _____

Saying of the Week

Highlights of the Week

Priority Tasks for the Week

	high	medium	low
monday			
tuesday			
wednesday			
thursday			
friday			
saturday			
sunday			

Weekly Planner

Date _____

monday

tuesday

wednesday

thursday

friday

saturday

sunday

W1 W2 W3 W4 W5

weekly goals

1 _____
2 _____
3 _____

tasks

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

tracker

m	t	w	t	f	s	s
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Monthly Planner

Month _____

W1 W2 W3 W4 W5

monthly goals

1 _____
2 _____
3 _____

tasks

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

projects to work on

good habits to create

1 _____
2 _____
3 _____

wins

monthly accomplishments

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____

lessons learned

habits to improve for next month

Monthly Calendar

Date _____

W1 W2 W3 W4 W5

notes	monday	tuesday	wednesday	thursday	friday	saturday	sunday

Annual Goals

Year _____

january

february

march

april

may

june

july

august

september

october

november

december

Year in Perspective

Year _____

january

february

march

april

may

june

july

august

september

october

november

december

Yearly Overview

Year _____

Track		jan	feb	mar	apr	may	jun	jul	aug	sep	oct	nov	dec
○	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												

Yearly Planner

Year _____

Date	january	Date	february	Date	march	Date	april
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
13		13		13		13	
14		14		14		14	
15		15		15		15	
16		16		16		16	
17		17		17		17	
18		18		18		18	
19		19		19		19	
20		20		20		20	
21		21		21		21	
22		22		22		22	
23		23		23		23	
24		24		24		24	
25		25		25		25	
26		26		26		26	
27		27		27		27	
28		28		28		28	
29				29		29	
30				30		30	
31				31			

Yearly Planner

Year _____

May-August

Date	may	Date	june	Date	july	Date	august
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
13		13		13		13	
14		14		14		14	
15		15		15		15	
16		16		16		16	
17		17		17		17	
18		18		18		18	
19		19		19		19	
20		20		20		20	
21		21		21		21	
22		22		22		22	
23		23		23		23	
24		24		24		24	
25		25		25		25	
26		26		26		26	
27		27		27		27	
28		28		28		28	
29		29		29		29	
30		30		30		30	
31				31		31	

Yearly Planner

Year _____

Date	september	Date	october	Date	november	Date	december
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
13		13		13		13	
14		14		14		14	
15		15		15		15	
16		16		16		16	
17		17		17		17	
18		18		18		18	
19		19		19		19	
20		20		20		20	
21		21		21		21	
22		22		22		22	
23		23		23		23	
24		24		24		24	
25		25		25		25	
26		26		26		26	
27		27		27		27	
28		28		28		28	
29		29		29		29	
30		30		30		30	
		31				31	

Goal Planner

goal _____

What is the purpose of this goal? _____

things to accomplish _____

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Key milestones _____

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

start date: _____ end date: _____

obstacles & strategies to overcome them _____

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

progress tracker _____

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

goal overview _____

Annual Finance

year _____

	income	expenses	savings	notes
january				
february				
march				
april				
may				
june				
july				
august				
september				
october				
november				
december				
	total income	total expenses	total savings	

wish list

Reading List

must reads

read	author	title
○		
○		
○		
○		
○		
○		
○		
○		
○		
○		

recommended reads

read	author	title
○		
○		
○		
○		
○		
○		
○		
○		
○		
○		

To Do List

high priority

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

low priority

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

medium priority

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

no priority

- ○
- ○
- ○
- ○
- ○
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annual finance

reading list

to-do list

dot paper *(blank)*

line paper *(blank)*

grid paper *(blank)*

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