



2019 *planner*

Quarter at a Glance

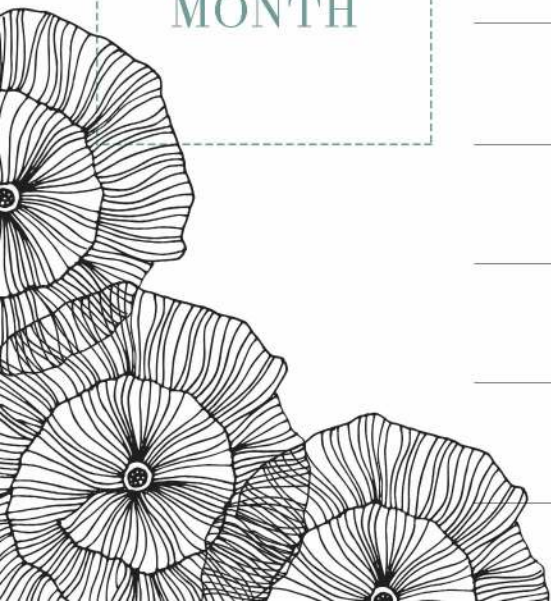


S M T W Th F S

MONTH

MONTH

MONTH



monthly planner

MONTH

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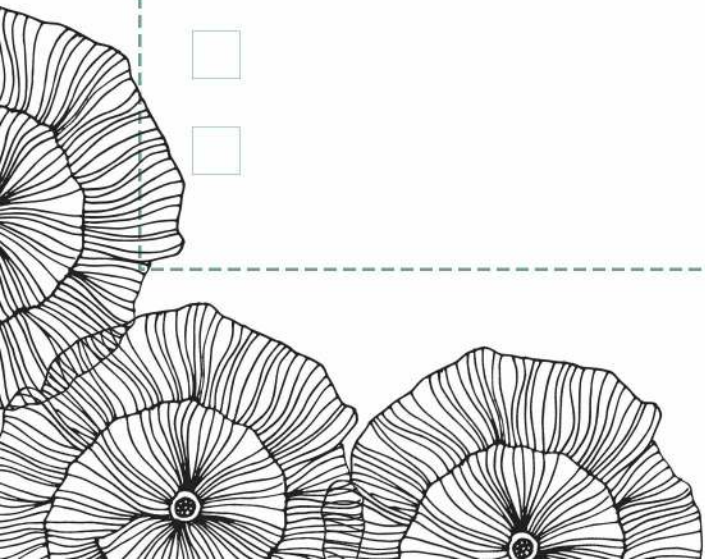
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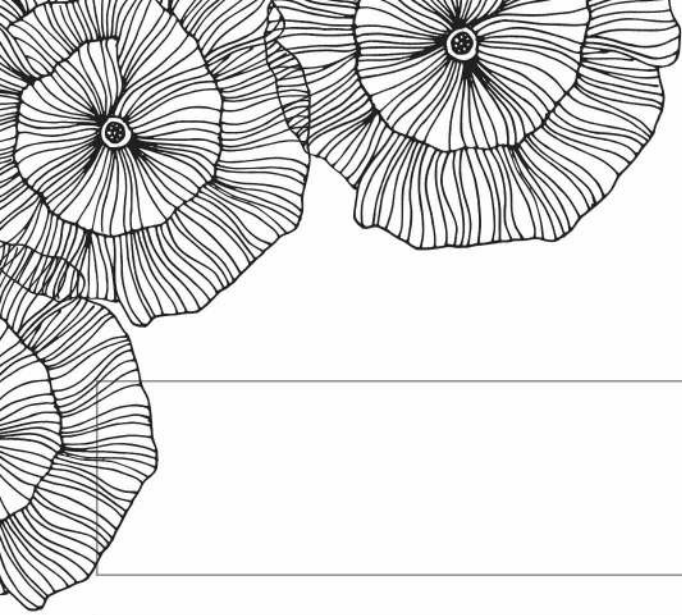
Th

F

S

GOALS AND
PRIORITIES





weekly planner

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S/SN

WEEK OF

THINGS TO DO

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-
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GOALS & PRIORITIES

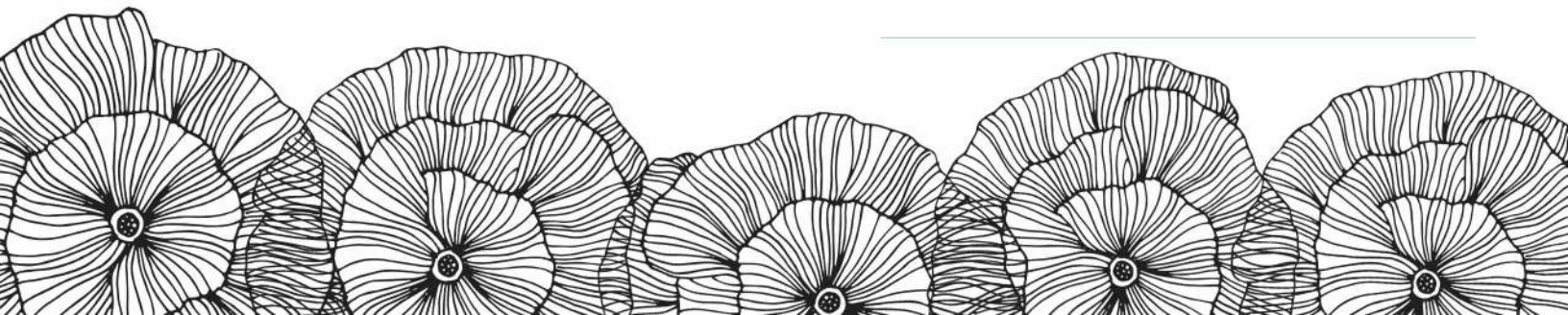
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Gratitude Diary

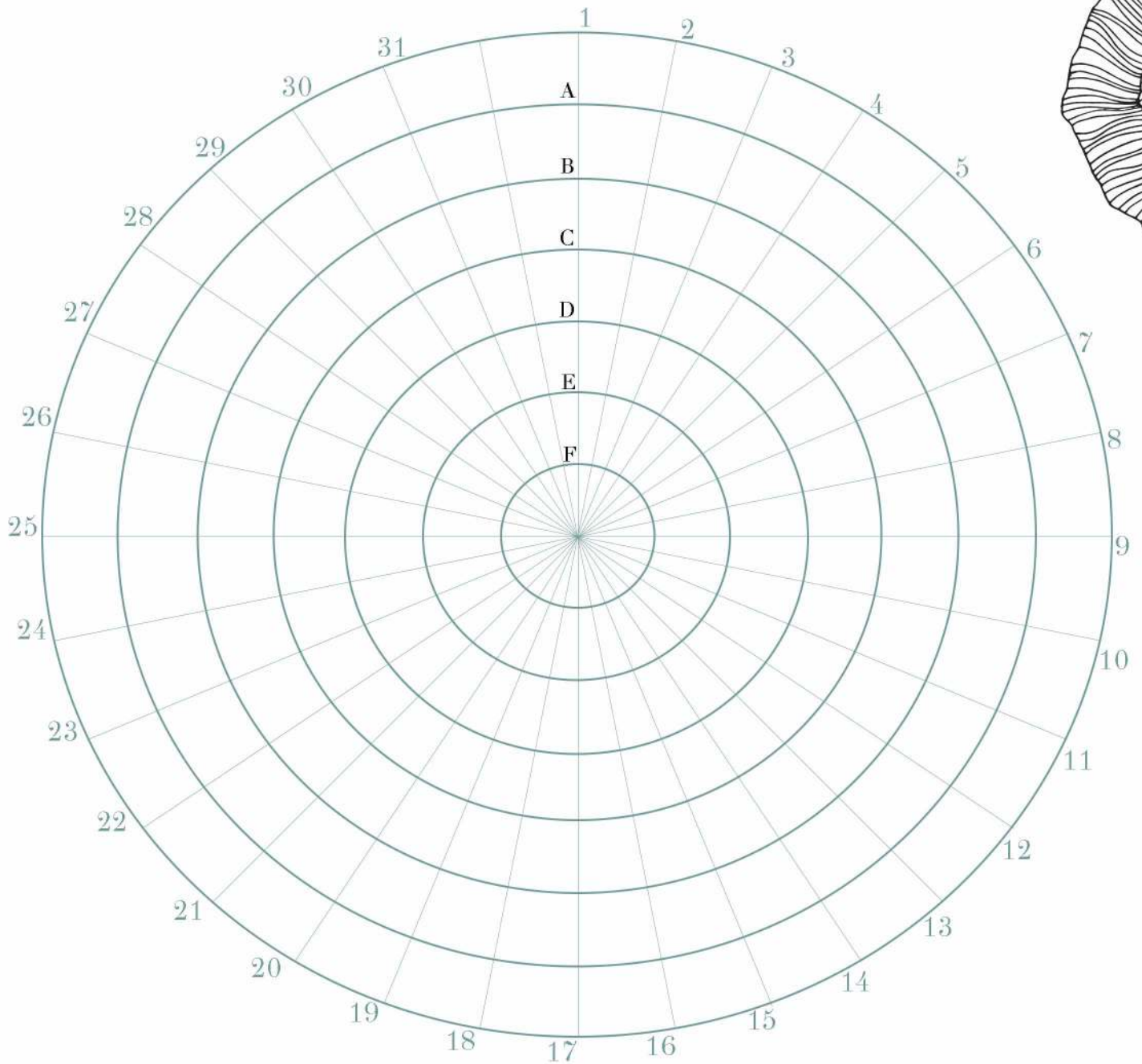
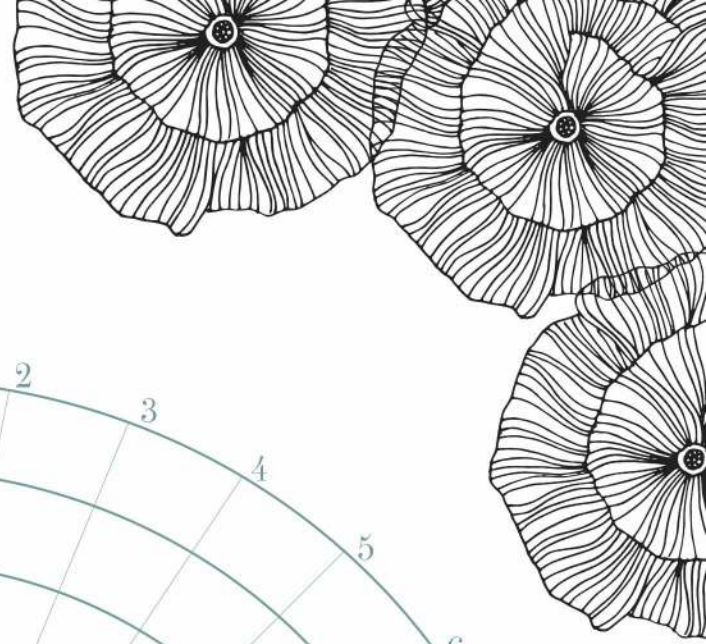


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29 _____
30 _____
31 _____



Habit Tracker



A

D

B

E

C

F



daily to do

DATE _____

TOP PRIORITIES

- checkboxes for top priorities

NOTES & REMINDERS

horizontal lines for notes and reminders

WATER checkboxes

EXERCISE & SELF CARE

- Numbered list from 6 to 10, then 1 to 10 for task entries

Weekly Meal Plan



S M T W Th F S

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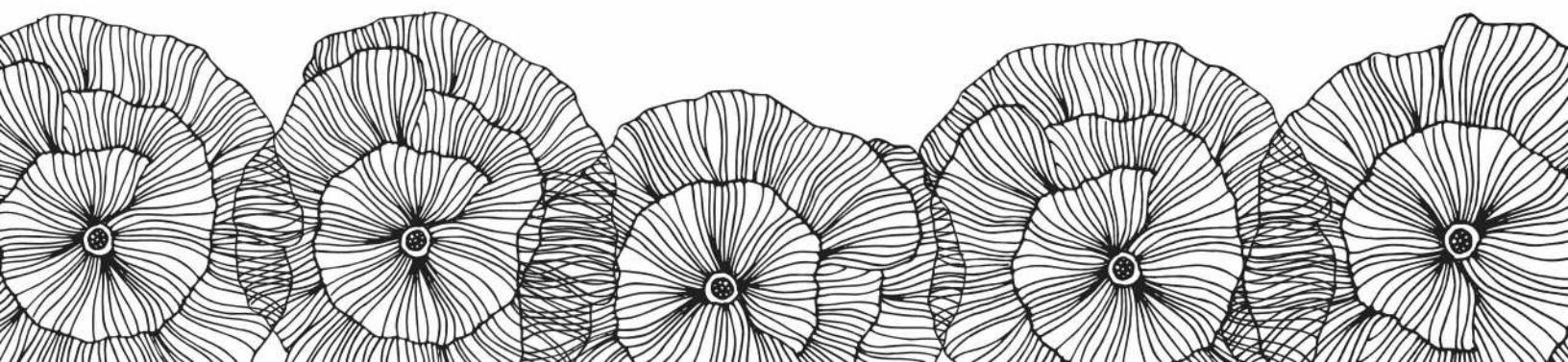
S M T W Th F S

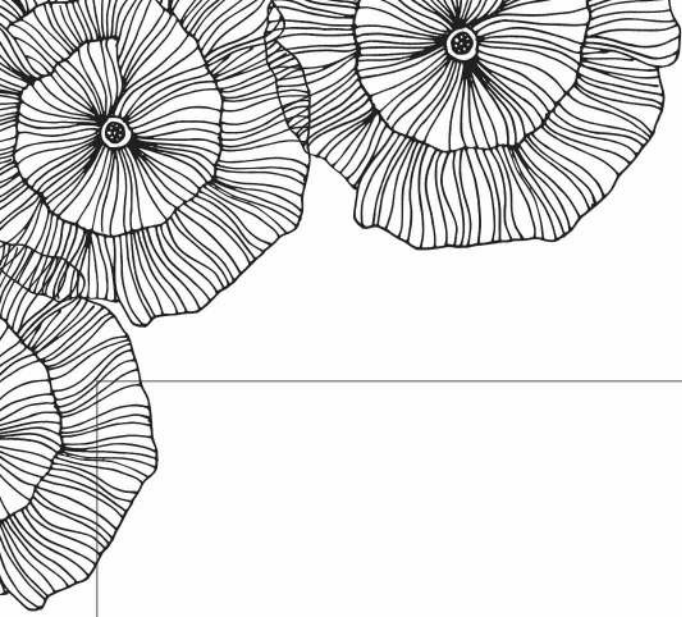
b

l

d

s





grocery list

PRODUCE

DAIRY

MEAT

BREAD

CANNED GOODS

BAKING & SPICES

FROZEN FOOD

OTHER