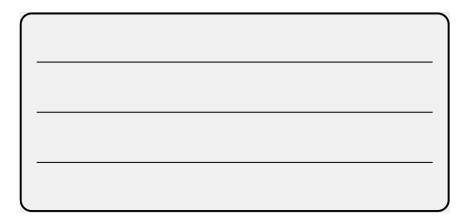


This Book Belongs To



$Contact \longrightarrow List$

Name:	Name:
Email:	Email:
Phone:	Phone:
Address:	Address:
Name:	Name:
Email:	Email:
Phone:	Phone:
Address:	Address:
Name:	Name:
Email:	Email:
Phone:	Phone:
Address:	Address:
Name:	Name:
Email:	Email:
Phone:	Phone:
Address:	Address:
Name:	Name:
Email:	Email:
Phone:	Phone:
Address:	Address:

$Password \longrightarrow Tracker$

WEBSITE :	WEBSITE :
USERNAME :	USERNAME :
PASSWORD :	PASSWORD:
NOTES:	NOTES:
WEBSITE :	WEBSITE :
USERNAME :	USERNAME :
PASSWORD :	PASSWORD :
NOTES:	NOTES:
WEBSITE :	WEBSITE :
USERNAME :	USERNAME :
PASSWORD :	PASSWORD:
NOTES:	NOTES:
WEBSITE :	WEBSITE :
USERNAME :	USERNAME :
PASSWORD :	PASSWORD :
NOTES:	NOTES:

Business Strategy

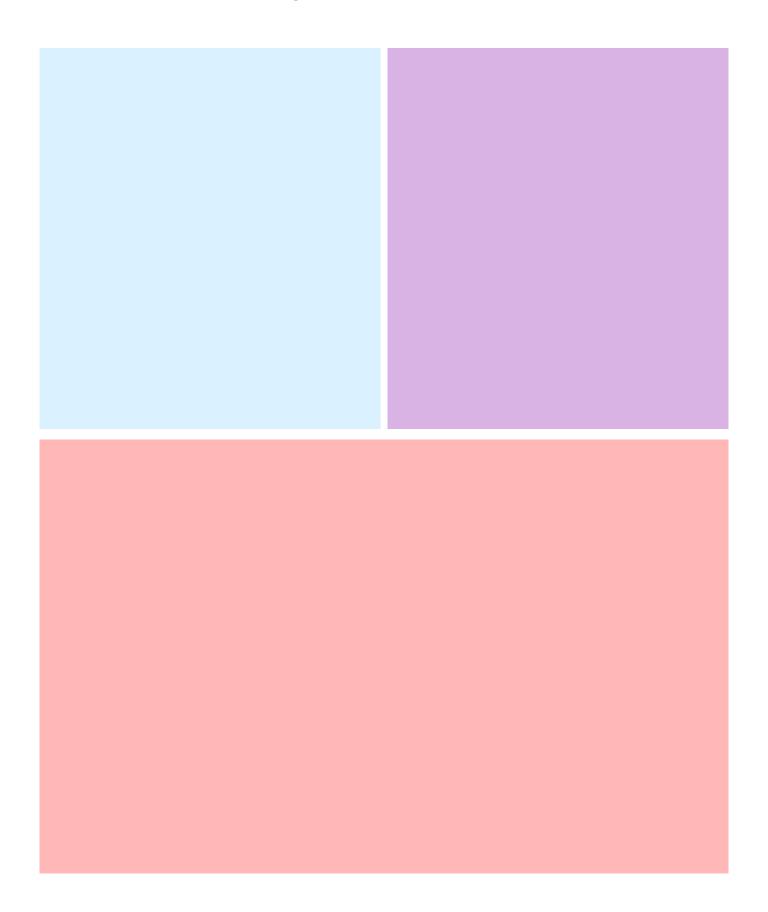
Goals	Budget
Stra	tegy
Assigned To	Desired Outcome
No	tes

Personal Goals

Specific	Measurable
Relevant	Attainable
Time	Based

Product Ideas

Project Planner



Projects

Title:		Date:
_	Τε	nsk
	Key Focus	Notes

Social Media Ideas

Blog
Social Media

Business To Do List

Important	Not Important	

THAT GIRL PLANNER





This book Belongs To





JANUARY



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					

NOTES:	==

IMPORTANT:	1



"THAT GIRL"

Dedicated to discovering her potential she prioritizes her well-being. mental health and self- care. She only concerns herself with things that make her happy and can bring her peace of mind. She is not concerned with having the picture perfect life but a life she doesn't need a break from



Self Care Planner

MY MORNINGROUTINE		MYEVENING ROUTINE						
m 1 24 24 1		m'	VA7					
Today My Meals		Time	Water					
Breakfast								
Lunch								
Dinner								
Snack								
MY PRIORITIES		MY SC	HEDULE					
HEALTH SELF CARE	٦ .							
	_							
	╣ -							
FITNESS SELF CARE								
	_] -							
	_							
NOTES OF SELF		MY MOOD TODAY						
	-							

Task chart

TASKS	M	T	W	T	F	S	S

Exercise Tracker

	EXERCISE/ REPS	М	Т	W	Т	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								

Meal Planner

DATE:	YEAR:
BREAKFAST	FRUIT
LUNCH	
BINNER	
DINNER	
DINNER	FRUIT
WATER	FRUIT
WATER	FRUIT
	FRUIT
WATER \(\rightarrow \hightarrow \hightar	FRUIT
WATER A A A A A A A A A A A A A A A A A A A	FRUIT

Goal and Energy

TUE SAT DATE: MON WED THU FRI SUN **GOALS EXERCISE** NOTE

Self Care Checklist

	BASIC	М	Т	W	Т	F	S	S
Make Bed								
Brush Teeth								
Bathe								
Get Dressed								
Go Outside								
Smile								

BASIC	М	Т	W	Т	F	S	S
Get s good nights sleep							
Eat a healthy breakfast							
Cook a healthy dinner							
Drink water							
Get some exercise							
Take vitamins & medications							

BASIC	М	Т	W	Т	F	S	S
Take a break							
Talk to someone							
Do something that makes me happy now							
Write down what I am thankful for							
Write down a future goal							
Read 10 pages of a book							

Period Tracker

YEAR:

KEY s D 1 3 5 6 8 CYCLE LENGTH DAYS JAN 10 FEB 11 MAR 12 APR 13 MAY JUN 15 JUL 16 AUC 17 SEP 18 OCT NOV 20 DEC 21 NOTES 22 23 24 25 27 28 29 30 31

family budget planner



		JAI	NUA	RY					I	FEB:	RUA	ARY	7				M	ARC	CH		
S	М	Т	W	Т	F	S		S	М	Т	W	Т	F	S	s	М	Т	W	Т	F	S
				1	2	3		1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10		8	9	10	11	12	13	14	8	9	10	11	12	13	14
11	12	13	14	15	16	17		15	16	17	18	19	20	21	15	16	17	18	19	20	21
18	19	20	21	22	23	24	2	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31									29	30	31				
		Α	PRI	L						ı	'AN	Y					J	UN	Е		
S	М	Т	W	Т	F	S		S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S
			1	2	3	4							1	2		1	2	3	4	5	6
5	6	7	8	9	10	11		3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18		10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25		17	18	19	20	21	22	23	21	22	23	24	25	27	27
26	27	28	29	30				24	25	26	27	28	29	30	28	29	30				
								31													
		J	UL	Y						ΑÜ	GU	ST				S	EP1	EM	BEI	2	
S	М	Т	W	Т	F	S		S	М	Т	W	Т	F	S	S	М	Т	W	Т	F	S
			1	2	3	4								1			1	2	3	4	5
5	6	7	8	9	10	11		2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18		9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	1	16	17	18	19	20	21	22	20	21	22	23	24	25	27
26																		~ ~			
	27	28	29	30	31		2	23	24	25	26	27	28	29	27	28	29	30			
	27	28	29	30	31			23 30	24 31	25	26	27	28	29	27	28	29	30			
	27			30 BER	31				31	25 10 V				29	27		29 DEC		BER	<u>.</u>	
	27				31				31					29	27				BER	_	
s	27 M				31 F	S	3		31					29 S	27 S				BER T	F	S
s		OC'	TOE	BER		S 3	3	30	31 N	10 V	'EM	BEF	?]	DEC	EM:			S 5
S 4		OC'	TOE	BER T	F		3	30 S	31 N	1 10 A	<mark>'EM</mark> w	<mark>BEF</mark>	R F	S]	DEC T	EM:	Т	F	
	M	ОС '	TOE w	BER T 1	F 2	3	3	30 S	31 M 2	3 T	W 4	BEF T 5	R F 6	S 7	s	M	DEC T 1	EM : W 2	T 3	F 4	5
4	M 5	OC T	TOE W	T 1 8	F 2 9	3 10	1	30 S 1 8	31 M 2 9	T 3 10	'EM W 4 11	BEF T 5 12	F 6 13	S 7 14	S 6] M 7	DEC T 1 8	EM : W 2 9	T 3 10	F 4 11	5 12



5 TOTAL MONTHLY INCOME

SOURCE	EXPECTED	ACTUAL	DIFFERENCE
Salary (Primary)			
Salary (Secondary)			
Side Income			
Other			
Total Income			

FIXED EXPENSES

CATEG ORY	BUD GETED	ACTUAL	DIFFERENCE
Rent/Mortgage			
Utilities			
Internet/Phone			
Insurance			
Subscriptions			
Childcare			
Other			
Total Fixed			

TOTAL INCOME:	
TOTAL EXPENSES (FIXED + VARIABLE):	
TOTAL SAVINGS:	
REMAINING BALANCE:	

EXPENSE TRACKER

17 WEEK	OF:				
7 DATE	► CATEG ORY	 ☑ DESCRIPTION	AMOUNT	□ CASH/CARD	NOTES

COMMON CATEGORIES:

GROCERIES 💭	ENTERTAINMENT 🍱
DINING OUT 📜	KIDS/SCHOOL 듣
GAS/TRANSPORT 📑	MEDICAL/HEALTH
HOUSEHOLD 🍣	MISCELLANEOUS 🧩

✓ TIPS FOR USE:

UPDATE DAILY OR AS PURCHASES OCCUR.

USE DIFFERENT COLORED PENS/HIGHLIGHTERS FOR EACH CATEGORY.

REVIEW AT THE END OF THE WEEK TO IDENTIFY SPENDING PATTERNS.

BILL PAYMENT CHECKLIST

T MONTH:	

BILL NAME	📆 DUE DATE	AMOUNT	✓ PAID?

SUGGESTIONS:

- DINCLUDE ALL RECURRING BILLS: RENT/MORTGAGE, ELECTRICITY, WATER, PHONE, INTERNET, INSURANCE, SUBSCRIPTIONS, ETC.
- **▶** REVIEW THIS PAGE WEEKLY AND UPDATE PAYMENT STATUS.

SAVINGS GOAL TRACKER

MONTH/YEAR: -----

☐ GOAL	© TARGET AMOUNT	T DEADLINE	§ AMOUNT SAVED	₩ COMPLETE

© POPULAR FAMILY GOALS:

FAMILY VACATION 😩	HOLIDAY GIFTS 🎁
EMERGENCY FUND	KIDS' COLLEGE FUND 🎓
NEW CAR 🚓	
HOME RENOVATION <	

DEBT REPAYMENT LOG MA

MONTH/YEAR:

≘ CREDITOR	§ BALANCE	MINIMUM PAYMENT	✓ PAYMENT MADE	NEW BALANCE

TIPS FOR USE:

- **PUPDATE THIS LOG MONTHLY OR WITH EACH PAYMENT.**
- CONSIDER USING COLOR TO INDICATE HIGH-INTEREST DEBTS.
- FOCUS EXTRA FUNDS ON DEBTS WITH THE HIGHEST INTEREST OR SMALLEST BALANCE (AVALANCHE/SNOWBALL METHOD).
- PREVISIT YOUR PROGRESS QUARTERLY TO CELEBRATE MILESTONES AND ADJUST STRATEGY.



© EMERGENCY FUND GOAL OVERVIEW

FIELD	AMOUNT / NOTES
▶ Target Amount	
■ Monthly Contribution	
€ Current Balance	
Fund Purpose	
7 Goal Completion Date	

MONTHLY TRACKING TABLE

17 MONTH	E ■ CONTRIBUTION	€ NEW BALANCE	 ≫ NOTES

WEEKLY PLANNER

MONTH:

Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
PRIORITY:	GOALS:
NOTES:	