

HOME

SCHEDULE

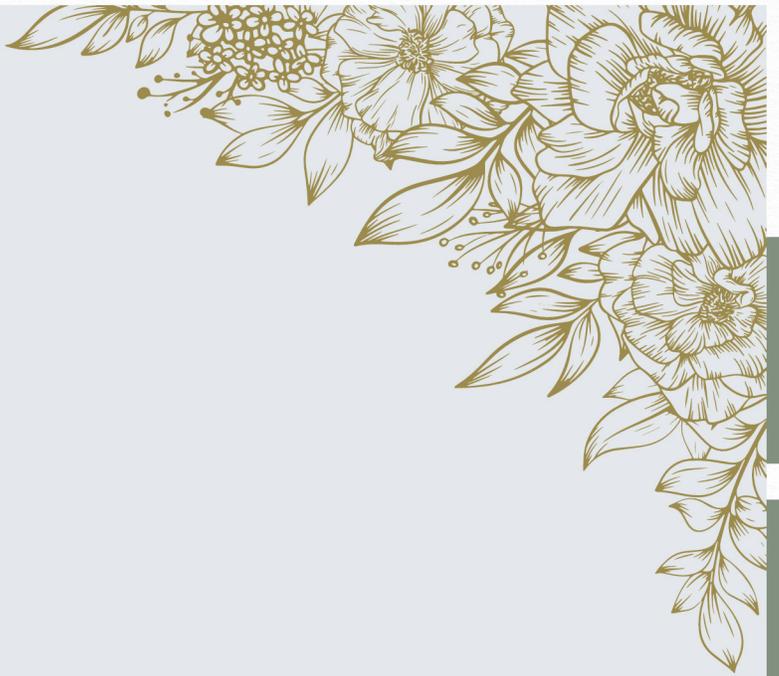
LIFE

WELLNESS

BACK

The *Balanced* Life Planner





HOME

SCHEDULE

LIFE

WELLNESS

BACK

Calendar *management*



MONTH AT A GLANCE

Month _____

SUN	MON	TUES	WED	THURS	FRI	SAT

TO DO LIST

NOTES

Today's *schedule*

DATE: _____

SCHEDULE

M T W T F S S

6:00	03:00
7:00	04:00
8:00	05:00
9:00	06:00
10:00	07:00
11:00	08:00
12:00	09:00
01:00	10:00
02:00	11:00

MUST COMPLETE

1

2

3

COMPLETE IF I HAVE TIME

THINGS TO REMEMBER:

FOR TOMORROW:

NOTES:

WEEKLY PLANNER

MONDAY

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

SATURDAY

SUNDAY



HOME

SCHEDULE

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LIFE

management



WEEKLY

menus

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACK/ DESSERT
MON				
TUES				
WED				
THUR				
FRI				
SAT				
SUN				

IMPORTANT

contacts

Name	Phone	Category	Email/Alternate Contact



Wellness *management*

HOME

SCHEDULE

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HEALTH *log*

DATE _____

INTENTIONAL MOVEMENT

TOTAL MUNITES

TOTAL STEPS

WATER INTAKE



TOTAL

MOOD



Hours of sleep: (Hours)



1 2 3 4 5 6 7 8

How I nourished my body today

Breakfast

Lunch

Dinner

How I nourished my soul today

THOUGHTS &

reflections

A series of horizontal dotted lines for writing.

RETROSPECTIVE

Pause and recap the week. How did it go?, What will you continue? What will you change? What did you enjoy? Take a moment to affirm your development and performance.

Wins & Accomplishments

Things that worked well and I will continue

Areas I added value

RETROSPECTIVE

Pause and recap the week. How did it go?, What will you continue? What will you change? What did you enjoy? Take a moment to affirm your development and performance.

Areas to Improve

Learning Opportunities

Areas That I can give myself Grace



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SCHEDULE

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