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# PLANNER AND JOURNAL SIZE AND LAYOUT COMPARISON

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Print this PDF at 100% scale to compare sizes  
and layouts of each of our planners and journals.

Please note: This is an approximate size comparison.  
Planners are handmade and minor size variations may occur with different production runs.

# 2019 WEEKLY PLANNER COVER

deluxe 7"x10"

compact 5.75"x8.25"

3  
COMMIT

3  
COMMIT  
2019



JAN 1-6

MONDAY 31

TUESDAY 1

WEDNESDAY 2

This week, I commit to:

LIFE TO DO

WORK TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

SAMPLE

NOTES

compact

JAN 1-6

MONDAY 31

TUESDAY 1

WEDNESDAY 2

This week, I commit to:

LIFE TO DO

WORK TO DO

5  
6  
7  
8  
9  
10  
11  
12  
1  
2  
3  
4  
5  
6  
7

SAMPLE

NOTES

deluxe

JAN 2019

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

31

1

new year's day  
kwanzaa ends

2

NOTES

7

8

9

14

15

16

21

martin luther king jr. day

22

28

29

30

SAMPLE

compact

JAN 2019

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

31

1

new year's day  
kwanzaa ends

2

NOTES

7

8

9

14

15

16

21

martin luther king jr. day

22

23

28

29

30

SAMPLE

deluxe

Today, I commit to:

M T W T F S S

5

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12

1

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LIFE TO DO

WORK TO DO

SAMPLE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




compact

Today, I am grateful for:

.....

.....

# FITNESS JOURNAL – WEEKLY VIEW

This week, I commit to:	HYDRATE 		
<b>WEEKLY PREP</b> <input type="checkbox"/> Plan workouts and add to planner <input type="checkbox"/> Meal plan and prep <input type="checkbox"/> Grocery shopping	WORKOUT PLAN		
	FOOD PLAN		
<b>GOALS THIS WEEK</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	B:		
	L:		
	D:		
	S:		
<b>REWARD</b>	DAILY TRACKING		
<b>WEIGH-IN</b> start:			
end:			
<b>NON-SCALE VICTORY:</b>			

SAMPLE

GROCERIES / WORKOUT NOTES / TRAINING TIPS / RECIPES

<div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div> <div style="border-bottom: 1px dashed #ccc; margin-bottom: 5px;"></div>	
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compact