



PLANNER AND JOURNAL SIZE AND LAYOUT COMPARISON

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.

WEEKLY PLANNER COVER

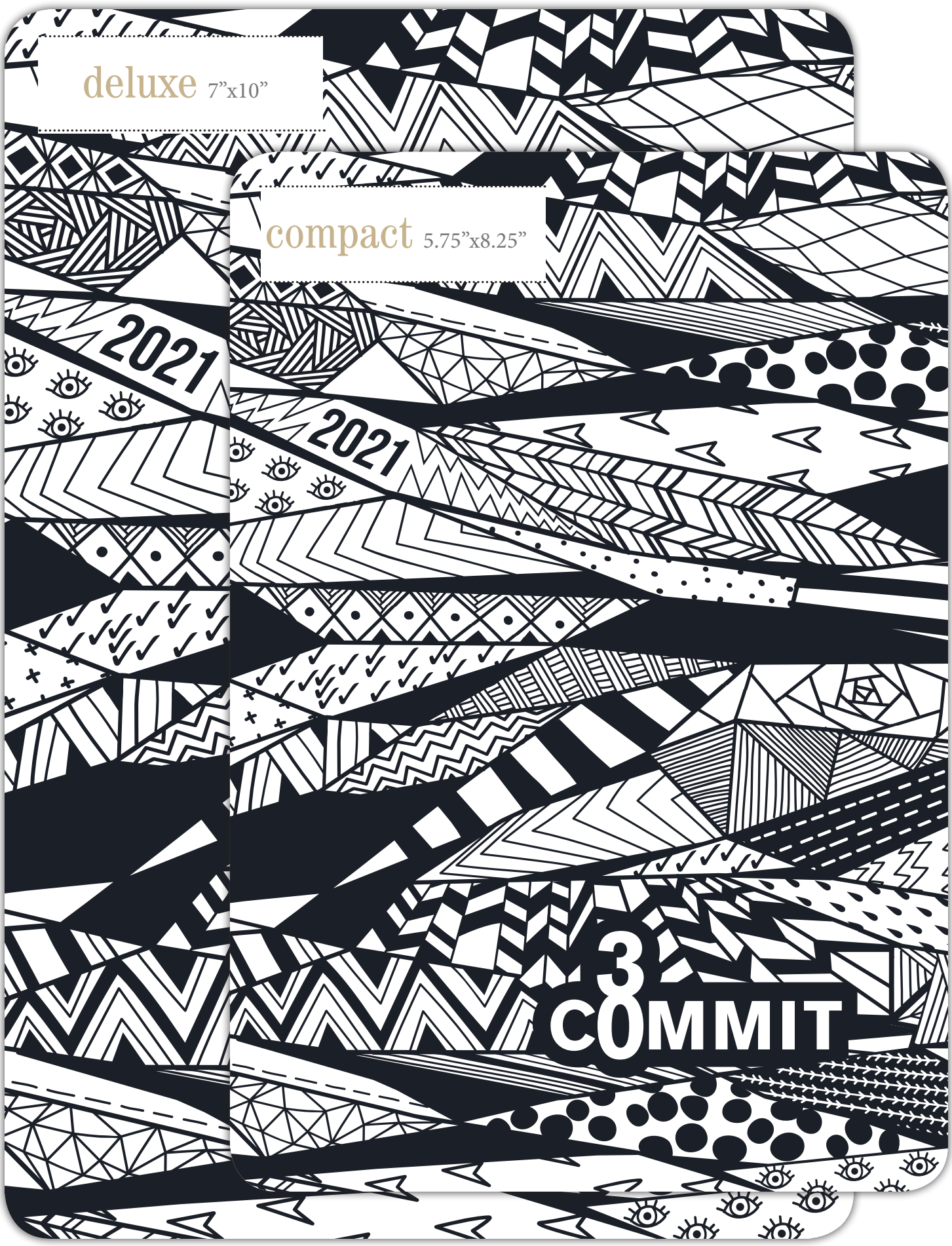
deluxe 7"x10"

compact 5.75"x8.25"

2021

2021

3
COMMIT



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

5

6

7

8

9

10

11

WORK TO DO

12

1

2

3

4

5

6

7

NOTES

deluxe

SAMPLE

JAN 2021

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

28

29

30

NOTES

4

5

6

11

12

13

18

martin luther king jr. day

19

25

26

27

SAMPLE

compact

JAN 2021

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

28

29

30

NOTES

4

5

6

11

12

13

18

martin luther king jr. day

19

20

25

26

27

SAMPLE

deluxe

Today, I commit to:

M T W T F S S

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

LIFE TO DO

WORK TO DO

<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:

.....
.....

This week, I commit to: HYDRATE

WEEKLY PREP

- Plan workouts and add to planner
- Meal plan and prep
- Grocery shopping

GOALS THIS WEEK

-
-
-

REWARD

WEIGH-IN
start: _____

end: _____

NON-SCALE VICTORY:

WORKOUT PLAN

FOOD PLAN

B:
L:
D:
S:

DAILY TRACKING

GROCERIES / WORKOUT NOTES / TRAINING TIPS / RECIPES

compact