



PLANNER SIZE COMPARISON

Print this PDF at 100% scale to compare the Compact and Deluxe planner sizes.

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

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

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
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4
5
6
7

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

23

28

29

30

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

deluxe

Today, I commit to:

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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

WORKOUT PLAN

GOALS THIS WEEK

-
-
-

FOOD PLAN

B:

L:

D:

S:

REWARD

DAILY TRACKING

WEIGH-IN
start:

end:

NON-SCALE VICTORY:

GROCERIES / WORKOUT NOTES / TRAINING TIPS / RECIPES

compact