



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"

standard 5.75"x8.25"

**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

standard

JAN 1-6

MONDAY 31

TUESDAY 1

WEDNESDAY 2

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

WORK TO DO

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

standard

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
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5
6
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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"/>

standard

Today, I am grateful for:

FITNESS JOURNAL – WEEKLY VIEW

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

SAMPLE

GROCERIES / WORKOUT NOTES / TRAINING TIPS / RECIPES

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standard