Day on a Page Planner

A full week with a calm, roomy page for every day: priorities, an hour-by-hour schedule, meals, water and a little gratitude.

THIS PLANNER BELONGS TO

WEEK OF

INSIDE

02	Week at a glance	weekly
03	Monday	day on a page
04	Tuesday	day on a page
05	Wednesday	day on a page
06	Thursday	day on a page
07	Friday	day on a page
08	Saturday	day on a page
09	Sunday	day on a page
10	Weekly reflection	weekly

Sunday: fill in the week at a glance. **Each evening:** plan tomorrow's page in five minutes. Paper planning is slower on purpose, and that is what makes it stick.

PLAN ON SUNDAY

Week at a glance

Appointments, deadlines and plans for every day, all in one view.

Week of _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

NOTES

THIS WEEK'S TOP 3

1 _____

2 _____

3 _____

HABIT TRACKER

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

Monday

Date _____

GOAL OF THE DAY

TOP 3 PRIORITIES

1 _____

2 _____

3 _____

TO-DO

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MEALS

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

SHOPPING AND ERRANDS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

TODAY WILL BE GREAT BECAUSE

_____

_____

SCHEDULE

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

WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

MOOD TODAY

◯ Great ◯ Good ◯ Okay ◯ Low ◯ Stressed

GRATEFUL FOR

_____

_____

Tuesday

Date _____

GOAL OF THE DAY

TOP 3 PRIORITIES

1 _____

2 _____

3 _____

TO-DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEALS

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

SHOPPING AND ERRANDS

- [ ]
- [ ]
- [ ]
- [ ]

TODAY WILL BE GREAT BECAUSE

SCHEDULE

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

WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

MOOD TODAY

◯ Great ◯ Good ◯ Okay ◯ Low ◯ Stressed

GRATEFUL FOR

Wednesday

Date _____

GOAL OF THE DAY

TOP 3 PRIORITIES

1 _____

2 _____

3 _____

TO-DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEALS

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

SHOPPING AND ERRANDS

- [ ]
- [ ]
- [ ]
- [ ]

TODAY WILL BE GREAT BECAUSE

SCHEDULE

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

WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

MOOD TODAY

◯ Great ◯ Good ◯ Okay ◯ Low ◯ Stressed

GRATEFUL FOR

Thursday

Date _____

GOAL OF THE DAY

TOP 3 PRIORITIES

1 _____

2 _____

3 _____

TO-DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEALS

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

SHOPPING AND ERRANDS

- [ ]
- [ ]
- [ ]
- [ ]

TODAY WILL BE GREAT BECAUSE

SCHEDULE

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

WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

MOOD TODAY

◯ Great ◯ Good ◯ Okay ◯ Low ◯ Stressed

GRATEFUL FOR

Friday

Date _____

GOAL OF THE DAY

TOP 3 PRIORITIES

1 _____

2 _____

3 _____

TO-DO

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MEALS

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

SHOPPING AND ERRANDS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

TODAY WILL BE GREAT BECAUSE

SCHEDULE

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

WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

MOOD TODAY

◯ Great ◯ Good ◯ Okay ◯ Low ◯ Stressed

GRATEFUL FOR

Saturday

Date _____

GOAL OF THE DAY

TOP 3 PRIORITIES

1 _____

2 _____

3 _____

TO-DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEALS

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

SHOPPING AND ERRANDS

- [ ]
- [ ]
- [ ]
- [ ]

TODAY WILL BE GREAT BECAUSE

SCHEDULE

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

WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

MOOD TODAY

◯ Great ◯ Good ◯ Okay ◯ Low ◯ Stressed

GRATEFUL FOR

Sunday

Date _____

GOAL OF THE DAY

TOP 3 PRIORITIES

1 _____

2 _____

3 _____

TO-DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEALS

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

SHOPPING AND ERRANDS

- [ ]
- [ ]
- [ ]
- [ ]

TODAY WILL BE GREAT BECAUSE

SCHEDULE

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

WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

MOOD TODAY

◯ Great ◯ Good ◯ Okay ◯ Low ◯ Stressed

GRATEFUL FOR

EVERY SUNDAY

Weekly reflection

Notice what worked so next week feels a little lighter.

Week of _____

HIGHLIGHTS OF THE WEEK

WHAT I FINISHED

WHAT DIDN'T HAPPEN, AND WHY THAT'S OKAY

WHAT I'LL CARRY TO NEXT WEEK

HOW WAS MY WEEK?

Energy

1 2 3 4 5 6 7 8 9 10

Calm

1 2 3 4 5 6 7 8 9 10

NEXT WEEK I'LL MAKE TIME FOR

NOTES