



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

TRACKERS & REFLECTIONS

Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec

FINANCES

Monthly Overview | Bills & Debt | Savings | Annual Review

PRODUCTIVITY

Lists | Eisenhower | Kanban

PROJECTS

1 | 2 | 3 | 4

GOALS

Life Areas | By Time Frame

ENTERTAINMENT

Books | Series | Movies

NUTRITION

Meals | Recipes

FITNESS

Workouts | Progress

SCHEDULE

1 _____

OTHER

Passwords | Contacts | Meetings

2 _____

3 _____

4 _____

YEARLY

Mini-Calendars | Year at a Glance | Quarterly

EMPTY PAGES



FONT

TITLES
Montserrat Light

Subtitles
Montserrat Medium

CALENDAR LINKS

Google
Ready to use

Apple
Install Shortcut fist

www.digisparkles.com





JAN

FEB

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NOV

DEC

JANUARY

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

FEBRUARY

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2

MARCH

S	M	T	W	T	F	S
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

APRIL

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

MAY

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

JUNE

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

JULY

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

AUGUST

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

OCTOBER

S	M	T	W	T	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

NOVEMBER

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



JAN	FEB	MAR	APR	MAY	JUN
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
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22	22	22	22	22	22
23	23	23	23	23	23
24	24	24	24	24	24
25	25	25	25	25	25
26	26	26	26	26	26
27	27	27	27	27	27
28	28	28	28	28	28
29	29	29	29	29	29
30	30	30	30	30	30
31		31		31	

JUL	AUG	SEP	OCT	NOV	DEC
1	1	1	1	1	1
2	2	2	2	2	2
3	3	3	3	3	3
4	4	4	4	4	4
5	5	5	5	5	5
6	6	6	6	6	6
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14	14	14	14	14	14
15	15	15	15	15	15
16	16	16	16	16	16
17	17	17	17	17	17
18	18	18	18	18	18
19	19	19	19	19	19
20	20	20	20	20	20
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22	22	22	22	22	22
23	23	23	23	23	23
24	24	24	24	24	24
25	25	25	25	25	25
26	26	26	26	26	26
27	27	27	27	27	27
28	28	28	28	28	28
29	29	29	29	29	29
30	30	30	30	30	30
31	31		31		31



JAN

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DEC

JANUARY

FEBRUARY

MARCH

Q1

APRIL

MAY

JUNE

Q2

JULY

AUGUST

SEPTEMBER

Q3

OCTOBER

NOVEMBER

DECEMBER

Q4

1

2

3

4



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



1

2

3

4





JAN

FEB

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DEC



1

2

3

4

Blank page with a grid layout. The page is divided into four quadrants by a vertical line and a horizontal line. The top-right quadrant contains a grid pattern. The bottom-left quadrant contains a vertical list of numbers 1, 2, 3, and 4. The top and bottom quadrants are blank.



JAN

FEB

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DEC



1

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4

Blank lined writing area on the left page.

Blank lined writing area on the right page.



JAN

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JAN

FEB

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1

2

3

4

	SUNDAY	MONDAY	TUESDAY
W01		1	2
W02	7	8	9
W03	14	15	16
W04	21	22	23
W05	28	29	30

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

PERSONAL

Main Goals

-
-
-

Tasks this Month

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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Events & Appointments

- | | |
|---|---|
| • | • |
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Other

WORK

Main Goals

-
-
-

Tasks this Month

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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Events & Appointments

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Other

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

	SUNDAY	1	MONDAY	2	TUESDAY	3	WEDNESDAY
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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4	THURSDAY	5	FRIDAY	6	SATURDAY
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



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7	SUNDAY	8	MONDAY	9	TUESDAY	10	WEDNESDAY
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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11	THURSDAY	12	FRIDAY	13	SATURDAY
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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28	29	30	31	1	2	3



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14	SUNDAY	15	MONDAY	16	TUESDAY	17	WEDNESDAY
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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18	THURSDAY	19	FRIDAY	20	SATURDAY
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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21	22	23	24	25	26	27
28	29	30	31	1	2	3



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21	SUNDAY	22	MONDAY	23	TUESDAY	24	WEDNESDAY
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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25	THURSDAY	26	FRIDAY	27	SATURDAY
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

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28	SUNDAY	29	MONDAY	30	TUESDAY	31	WEDNESDAY
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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4 THU	☀ ☁ ☔ ☂ ☕		
5 FRI	☀ ☁ ☔ ☂ ☕		
6 SAT	☀ ☁ ☔ ☂ ☕		

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11 THU	☀ ☁ ☔ ☔		
12 FRI	☀ ☁ ☔ ☔		
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16 TUE	☀️ ☁️ ☔️ 🌧️	
17 WED	☀️ ☁️ ☔️ 🌧️	
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30 TUE	☀ ☁ ⚡ 🌧			
31 WED	☀ ☁ ⚡ 🌧			
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21	22	23	24	25	26	27
28	29	30	31	1	2	3

25 | THURSDAY

G A

- 5 AM
- 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
- 11 PM

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S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

JANUARY

26 | FRIDAY

G A

- 5 AM
- 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
- 11 PM

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S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



JAN

FEB MAR

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MAY

JUN

JUL

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JANUARY

27 | SATURDAY

G A

- 5 AM
- 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
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- 8 PM
- 9 PM
- 10 PM
- 11 PM

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S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



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JANUARY

28 | SUNDAY

G A

- 5 AM
- 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
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- 8 PM
- 9 PM
- 10 PM
- 11 PM

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S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



JANUARY

29 | MONDAY



G A

5AM

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

11PM



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JAN

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DEC

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

30 | TUESDAY

G A

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

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S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

31 | WEDNESDAY

G A

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

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S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



JAN

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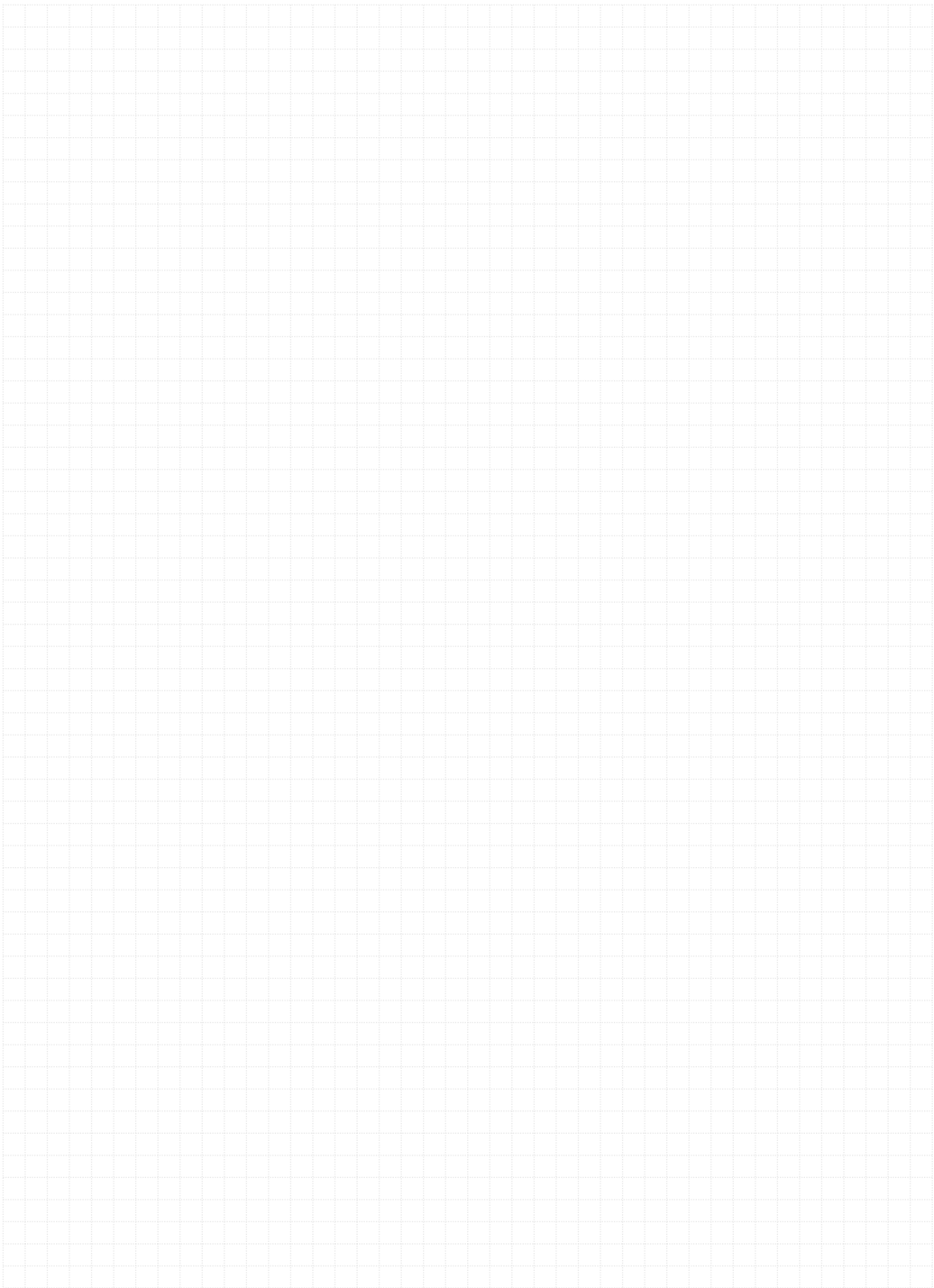


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DAILY HABITS

Habit	Reward	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					

MOOD TRACKER

Description		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
	☹️																																					
	😐																																					
	😊																																					
	🌟																																					
	🌈																																					

MEDICATION & VITAMINS

Name	Dosage	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							

SLEEP TRACKER

Hrs	Notes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
11																																						
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		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							

REFLECTIONS

My achievements / highlights of the month

Challenges I've faced this month

What can I do to improve next month

Other



GOALS & TOTALS				
Income Goal			Start	End
Expenses Goal		Savings		
		Debt		
Saving Goal			Total Income	
		Other	Total Expenses	

INCOME		
Date	Description	Amount
Total		

BUDGET				
Category	Description	Budgeted	Actual	Difference
Utilities				
Entertainment				
Housing				
Transportation				
Savings				
Investments				
Total				

TRANSACTIONS					
Date	Description	+/-	Payment Method	Amount	
Total					

BILLS & SUBSCRIPTIONS				
Date	Description	Category	Amount	Paid
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
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				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
Total				<input type="checkbox"/>



BILL TRACKER

Bill	Due	Amount	Paid													
			JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC		

DEBT

Description	Start Date	Due	Interest Rate	Min Payment	Starting Balance	Paid														
						10%	20%	30%	40%	50%	60%	70%	80%	90%	100%					

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- 1
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- JAN
- FEB
- MAR
- APR
- MAY
- JUN
- JUL
- AUG
- SEP
- OCT
- NOV
- DEC



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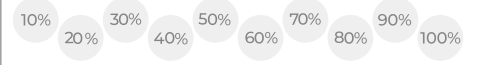
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SAVINGS TRACKER

Saving For			Starting Balance	Target Amount	Start Date	Due date
Date	+/-	Balance				

Total progress



SAVINGS TRACKER

Saving For			Starting Balance	Target Amount	Start Date	Due date
Date	+/-	Balance				

Total progress



JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

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DEC

SAVINGS TRACKER

Saving For			Starting Balance	Target Amount	Start Date	Due date
Date	+/-	Balance				

Total progress



SAVINGS TRACKER

Saving For			Starting Balance	Target Amount	Start Date	Due date
Date	+/-	Balance				

Total progress





JAN

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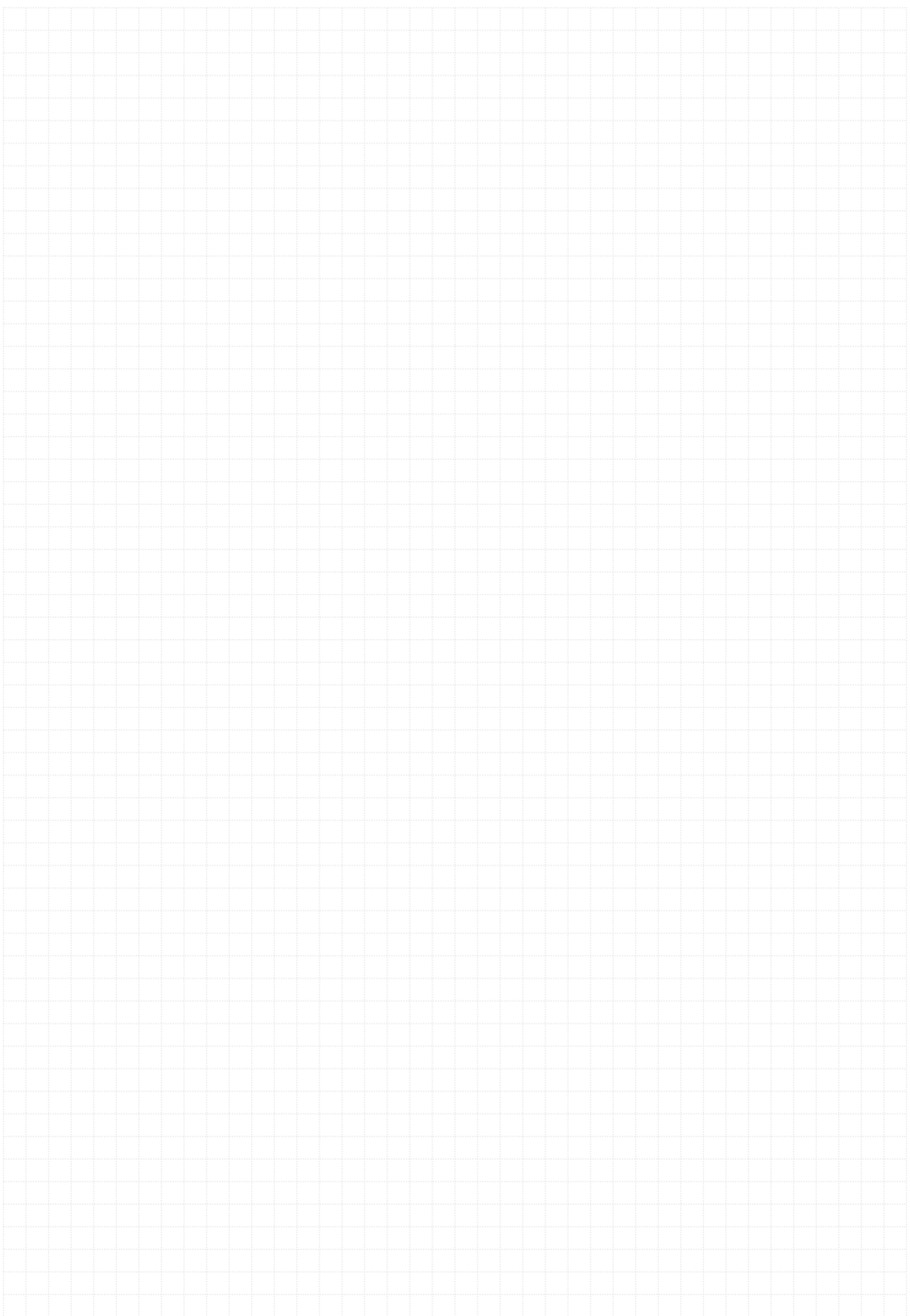
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