

TIMING PLANNER

For Student

BETTER LIFE NOTE

Name	Start
• Monthly / Weekly / Daily Planner	• Time Tracker	• Wellness Tracker	• Weekly Exercise	• Weekly Meals	• Weekly Diary

MONTHLY PLANNER

12

Goal

Sun

BETTER LIFE NOTE

WEEKLY LIFE PLANNER

Date

Memo

Routine
List

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AM

1

2

3

4

5

6

7

8

9

10

11

PM

12

13

14

15

16

17

18

19

20

21

22

23

M

T

W

T

F

S

S

Weekly
Plan

M

T

W

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S

S

BETTER LIFE NOTE

DAILY TASK PLANNER

Date

Today's Goal

To Do List / Check List

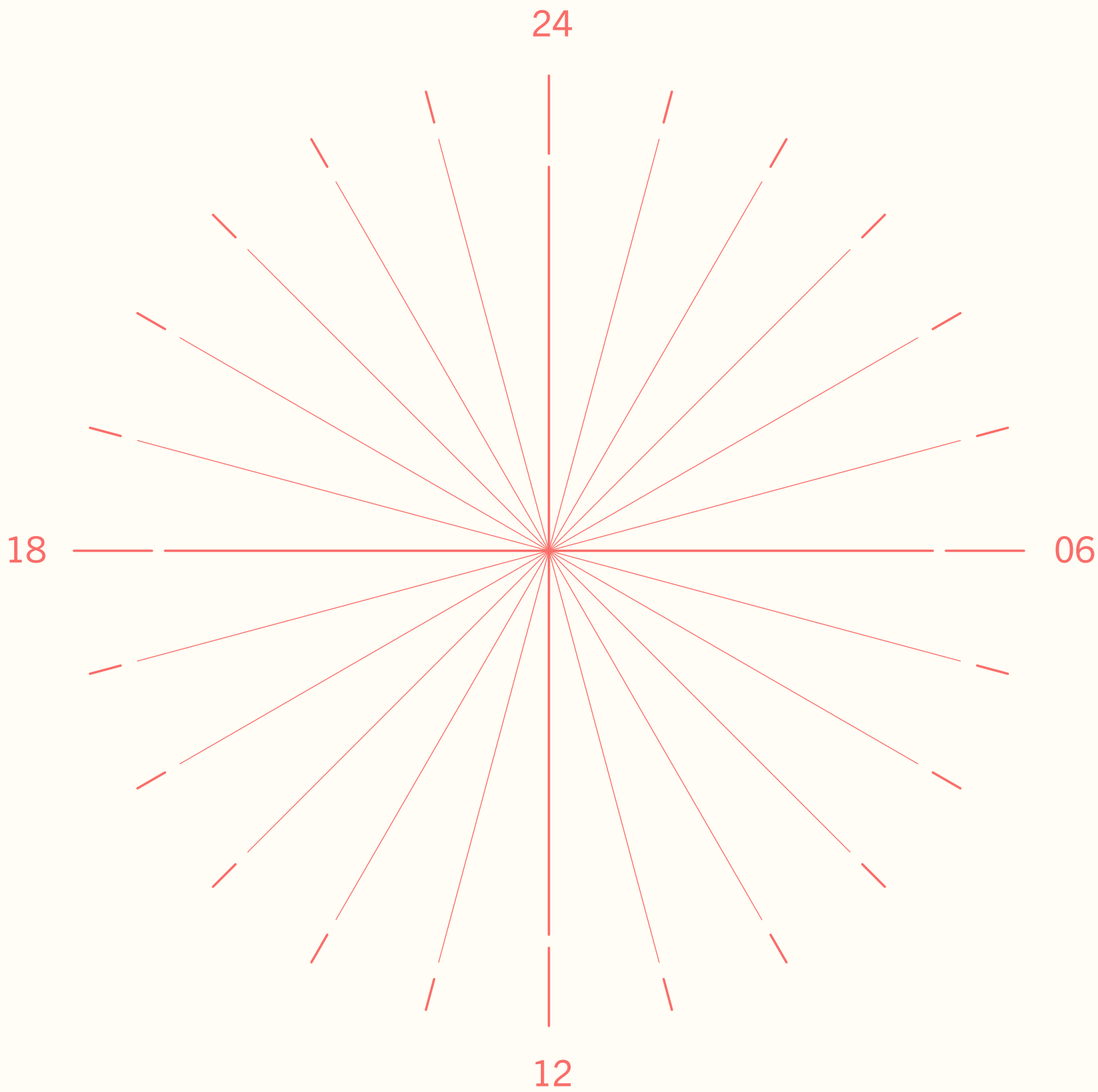
AM	Time Table		PM	Time Table	
01			13		
02			14		
03			15		
04			16		
05			17		
06			18		
07			19		
08			20		
09			21		
10			22		
11			23		
12			24		

Habit-Tracker

[illegible]

BETTER LIFE NOTE

DAILY TIME TRACKER



Time	Task	Check
Morning		
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~		
Afternoon		
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~		
~		
~		
Evening		
~		
~		
~		
~		
Night		
~		
~		
~		
~		

BETTER LIFE NOTE WEEKLY WELLNESS TRACKER					Date -		
					Reward		
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snack							
Water	<div><div>500</div><div>500</div></div>	<div><div>500</div><div>500</div></div>	<div><div>500</div><div>500</div></div>	<div><div>500</div><div>500</div></div>	<div><div>500</div><div>500</div></div>	<div><div>500</div><div>500</div></div>	<div><div>500</div><div>500</div></div>
Excercise							
Comment							

BETTER LIFE NOTE

WEEKLY EXERCISE

Date

-

Reward

Time

Work Out

Kcal

Time

Work Out

Kcal

Time

Work Out

Kcal

Time

Work Out

Kcal

Time

Work Out

Kcal

Time

Work Out

Kcal

Time

Work Out

Kcal

Time

Work Out

Kcal

kg

0

-1

-2

-3

-4

Date

BETTER LIFE NOTE

WEEKLY DIARY

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

Mon		Tue		Wed		Thu	
Fri		Sat		Sun		Review	

BETTER LIFE NOTE

WEEKLY MEALS

Date -				Reward			
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							

