

TIMING PLANNER

For Worker

BETTER LIFE NOTE

Name	Start	.	.	.	.
• Monthly / Weekly / Daily Planner • Meeting Note • Wellness Tracker • Weekly Exercise • Free Time Recorder • Life Checker					

[illegible]

BETTER LIFE NOTE

WORK CALENDAR

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

Mon	Tue	Wed	Thu	Fri	Weekend
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BETTER LIFE NOTE

WEEKLY WORK PLANNER

Date

-

Weekly Goal

To Do

Mon

Tue

Wed

Thu

Fri

Weekend

<div>BETTER LIFE NOTE</div> <div>DAILY WORK PLANNER</div>			Date	
			Today's Goal	
Time	Working Time Table		To Do List	Check List
06			<input type="checkbox"/>	<input type="checkbox"/>
07			<input type="checkbox"/>	<input type="checkbox"/>
08			<input type="checkbox"/>	<input type="checkbox"/>
09			<input type="checkbox"/>	<input type="checkbox"/>
10			<input type="checkbox"/>	<input type="checkbox"/>
11			<input type="checkbox"/>	<input type="checkbox"/>
12			<input type="checkbox"/>	<input type="checkbox"/>
13			<input type="checkbox"/>	<input type="checkbox"/>
14			<input type="checkbox"/>	<input type="checkbox"/>
15			<input type="checkbox"/>	<input type="checkbox"/>
16			Memo	
17				
18				
19				
20				
21				
22				
23				
24				

BETTER LIFE NOTE

MEETING NOTE

Date

Project

Discussion

Key Point / Summary

Next Task

☐☐☐☐☐☐☐☐☐

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

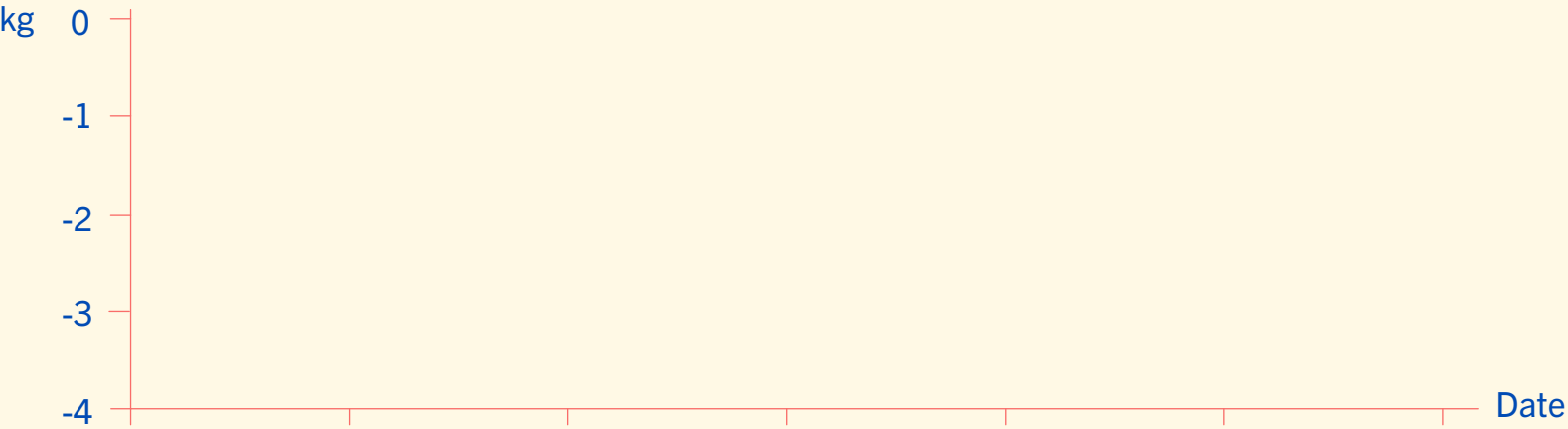
Time	Work out	Kcal

Time	Work out	Kcal

Time	Work out	Kcal

Time	Work out	Kcal

Time	Work out	Kcal





BETTER LIFE NOTE

FREE TIME RECORDER

<div>Date</div> <div><div><div><div><input type="checkbox"/> Exercise</div><div><input type="checkbox"/> Reading</div></div><div><div><input type="checkbox"/> Learning</div><div><input type="checkbox"/> Gathering</div></div><div><div><input type="checkbox"/> Watching</div><div><input type="checkbox"/> ETC.</div></div></div></div> <div>Title</div>	<div>Date</div> <div><div><div><div><input type="checkbox"/> Exercise</div><div><input type="checkbox"/> Reading</div></div><div><div><input type="checkbox"/> Learning</div><div><input type="checkbox"/> Gathering</div></div><div><div><input type="checkbox"/> Watching</div><div><input type="checkbox"/> ETC.</div></div></div></div> <div>Title</div>	<div>Date</div> <div><div><div><div><input type="checkbox"/> Exercise</div><div><input type="checkbox"/> Reading</div></div><div><div><input type="checkbox"/> Learning</div><div><input type="checkbox"/> Gathering</div></div><div><div><input type="checkbox"/> Watching</div><div><input type="checkbox"/> ETC.</div></div></div></div> <div>Title</div>
<div>Date</div> <div><div><div><div><input type="checkbox"/> Exercise</div><div><input type="checkbox"/> Reading</div></div><div><div><input type="checkbox"/> Learning</div><div><input type="checkbox"/> Gathering</div></div><div><div><input type="checkbox"/> Watching</div><div><input type="checkbox"/> ETC.</div></div></div></div> <div>Title</div>	<div>Date</div> <div><div><div><div><input type="checkbox"/> Exercise</div><div><input type="checkbox"/> Reading</div></div><div><div><input type="checkbox"/> Learning</div><div><input type="checkbox"/> Gathering</div></div><div><div><input type="checkbox"/> Watching</div><div><input type="checkbox"/> ETC.</div></div></div></div> <div>Title</div>	<div>Date</div> <div><div><div><div><input type="checkbox"/> Exercise</div><div><input type="checkbox"/> Reading</div></div><div><div><input type="checkbox"/> Learning</div><div><input type="checkbox"/> Gathering</div></div><div><div><input type="checkbox"/> Watching</div><div><input type="checkbox"/> ETC.</div></div></div></div> <div>Title</div>

BETTER LIFE NOTE												Date																
WEEKLY LIFE CHECKER												Weekly Goal																
Routine List	<input type="checkbox"/>								<input type="checkbox"/>								<input type="checkbox"/>											
	<input type="checkbox"/>								<input type="checkbox"/>								<input type="checkbox"/>											
	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																												
Mind Check	M				T				W				T				F				S				S			
Shining Moment													Review															
Blue Moment																												

