



THE COMPLETE STUDENT PLANNER



STUDY PLANNER

DATE

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STUDY HOURS

EXPECTED	HOUR		MINUTES	
ACTUAL	HOUR		MINUTES	

TODAYS SUBJECT

DEADLINES

STUDY PROGRESS

TIME TABLE

:	
:	
:	
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GOALS

NOTES & DOODLES



CLASS



RUNDOWN



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9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	

WEEKLY PLANNER

MONTH	
YEAR	

MON	TUES	WED	THURS	SUN	FRI	SAT

TRACKER	M	T	W	TH	F	S	S

NOTES

THINGS TO DO

MOTIVATION	
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TO DO LIST

MONTH

DATE

TO DO

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PRIORITIES

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NOTES

REMINDER

GOALS ACTION PLAN

GOAL

WHY

MOTIVATION

START DATE

DEADLINE

REWARD

OBSTACLES TO OVERCOME

RESOURCES

BIG STEPS

LITTLE STEPS



NOTES

ULTIMATE WORKOUT PLANNER

MONTH: _____ YEAR: _____

Weekly Workout Overview

Day	Cardio	Strength Training	Flexibility	Rest
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Flexibility and Stretching Routine

Date	Stretching Exercise
Duration (min)	Stretch Intensity (1-10)

Weekly Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Weekly Goals and Reflection

Week Starting	Weekly Goals	Achievements	Areas for Improvement

Strength Training Log

Date: _____

Sets x Reps: _____

Exercise: _____

Monthly Progress Tracker

Month	Weight (lbs/kg)	Body Fat (%)	Measurements (Chest, Waist, Hips, etc.)

Weight (lbs/kg): _____

Rest Time (sec): _____

WEEKLY SCHEDULE

MON

TUE

WED

THU

FRI

SAT

SUN

6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							

MONTHLY BUDGET PLANNER

Budget Goal: _____

Month: _____

Income

Date	Description	Amount
Total		

Fixed Expenses

Date	Description	Amount
Total		

Other Expenses

Date	Description	Amount
Total		

Bills

Date	Description	Amount
Total		

Recap

	Goal	Actual	Difference
Earned			
Spent			
Debt			
Saved			

DEADLINE :

SAVINGS PLANNER

SAVINGS GOAL :

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

TOTAL SAVED :

Name: _____

Date: _____

SMART GOALS PLANNER FOR STUDENTS

Instructions: Define a specific, measurable, achievable, relevant, and time-bound goal, break it down into actionable steps with assigned deadlines, anticipate obstacles and develop strategies to overcome them, track progress, seek accountability, and regularly review and adjust your goals.



Specific

What exactly do you want to achieve?



Measurable

How will you track your advancement?



Attainable

Evaluate the feasibility of your goal.



Relevant

How does it fit into your broader objectives?



Time-bound

What is the deadline?

1	—	○	○	○	○	○	○
2	—	○	○	○	○	○	○
3	—	○	○	○	○	○	○
4	—	○	○	○	○	○	○
5	—	○	○	○	○	○	○
6	—	○	○	○	○	○	○
7	—	○	○	○	○	○	○
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30	—	○	○	○	○	○	○
31	—	○	○	○	○	○	○

habit

TRACKER

ESSAY PLANNER



COURSE : _____

DUE DATE : _____

✦ Essay Title

✦ Essay Details

✦ Thesis Statement

✦ Main Idea	✦ Supporting Ideas
Paragraph 1	
Paragraph 2	
Paragraph 3	

✦ Conclusion

MONTHLY PLANNER

Month:

Year:

SUN	MON	TUE	WED	THU	FRI	SAT

TOP PRIORITIES

NOTES

Class Notes

Topic:

Name:

Class/Period:

Date:

QUESTIONS

DETAILS

VOCABULARY

SUMMARY

Assignment PLANNER

Class :

Due Date :

Assignment :

Done :

Details

To Do

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Overview

Notes
