FolarraStudio

Weekly Planner

plan · focus · rest

UNDATED · PRINTABLE · WEEKLY SPREADS & TRACKERS

This Planner Belongs To

one calm week at a time

NAME _____

EMAIL / PHONE _____

STARTED ON _____

MY FOCUS THIS YEAR _____

PLANNING DAY _____

How to use this planner

- Print the whole planner once, then print extra copies of the pages you use most, such as the Weekly Plan and Weekly To-Do pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Sit down once a week, fill in the Weekly Plan and Weekly To-Do, then review on Sunday.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My word for this year

What a good week looks like

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Year at a Glance

the big dates for every month

January

February

March

April

May

June

July

August

September

October

November

December

Goals for the Year

what I want this year to hold

Personal

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Work

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Health

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Fun

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Weekly Plan

small steps, finished makes

WEEK OF _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

This week's priorities

- [ ]
- [ ]
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Weekly Schedule

hour by hour

WEEK OF _____ FOCUS _____

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							

Weekly To-Do

everything for this week

WEEK OF _____ TOP PRIORITY _____

Must do

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Should do

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Errands

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Calls & emails

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Weekly Priorities

three things a day

WEEK OF _____ THEME _____

DAY	PRIORITY 1	PRIORITY 2	PRIORITY 3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Habit Tracker

small habits, big change

WEEK OF _____ GOAL _____

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

Weekly Meal Plan

what is for dinner

DAY	BREAKFAST	LUNCH	DINNER	SHOP FOR
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Weekly Spending

small amounts add up

WEEK OF _____ WEEKLY BUDGET _____

Monday

TOTAL _____

Tuesday

TOTAL _____

Wednesday

TOTAL _____

Thursday

TOTAL _____

Friday

TOTAL _____

Saturday

TOTAL _____

Sunday

TOTAL _____

Week summary

SPENT _____

BUDGET _____

DIFFERENCE _____

Weekly Review

look back, plan ahead

WEEK OF _____ RATING _____

Wins this week

What I learned

Carry over

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Next week focus

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Brain Dump

clear your mind

Thoughts & ideas

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this planner makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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