

Thank You for purchasing True Assisting's Life Planner

This printable planner is designed to help you manage your time, achieve your goals and track your progress!

Download, print, and get started right away!

Product information:

- · Your purchase includes a full-size 62-page undated planner.
- Text and colors are part of the design and CAN NOT be altered.
- · Room for hole punches on either side for use in a binder
- · Perfect for home and office use.
- · Print as many pages as you need.
- · Print from your home printer, or send it to a printing shop.

How to download, open and print these PDF files on your computer:

- · You will receive an email with your link and can download these digital items once your payment is received
- · Please note This is a digital download. No physical products will be shipped.
- Unzip if necessary
- · Download this free software to unzip files https://zipextractor.app/
- · You can use Acrobat Reader to open these files (free download)
- · Download here at https://www.adobe.com
- · Open the file in Acrobat Reader Select the size that fits your needs in your printer settings Print
- · Colors may vary slightly depending on the computer monitor and printer you have

Digital Planning with your Life Planner

The specific instructions for uploading a PDF planner to a note app may vary depending on the app you are using, but here are some general steps you can follow:

Open your note app on your device.

Create a new note or open an existing one where you want to add the Life Planner.

Look for an option to add an attachment to the note. This could be a paper clip icon, an attachment icon, or a plus sign.

Tap on the attachment option and select "File" or "Choose File" (depending on the app) from the menu that appears.

Navigate to the location where you have saved your Life Planner on your device, and select it.

Upload. This may take a few minutes, depending on the app, the size of the file, or your device.

Once the upload is complete, you should see the Life Planner attached to your note.

You can now view and edit the Life Planner within your note app.

Note: Some note apps may limit the size of the files you can upload, so ensure the Life Planner is within the acceptable file size limit before attempting to upload it.

This item is for personal use only and cannot be resold, redistributed, or used for any commercial purposes.

Questions? Please don't hesitate to <u>reach out to us!</u> We are always happy to help with questions, comments, and suggestions.



January January





February .





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September





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Movemble





December



YEAR AT A GLANCE

JANUARY	FEBRUARY
WARGH	ADDIX
MARCH	APRIL
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MAY	JUNE
	70112
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YEAR AT A GLANCE

JULY	AUGUST
SEPTEMBER	OCTOBER
NOVEMBER	DECEMBER

GOAL TRACKER

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC
GOAL											
STEPS 1	го так	E									
DEADLI	NE									ACHIE	VED
GOAL											
STEPS T	го так	E									
DEADLI	NE									ACHIE	VED

QUARTERLY GOAL PLANNER

DATE :	
GOA	ALS OVERVIEW
MONTH:	MONTH:
ACTION STEPS MONTH:	ACTION STEPS ACTION STEPS ACTION STEPS
ACTION STEPS	NOTES NOTES

MY GOALS

MONTH:

RELATIONSHIPS	CAREER	HEALTH
SELF-CARE	STUDY	FINANCE
HOME	SPIRITUAL	ADVENTURE

MONTHLY PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC
ΤH	I U R S D A	ΛY		FRIDAY		SA	ATURDA	Υ		NOTES	
							_				

MONTH AT A GLANCE

MONTH:	
MONTHLY GOALS	BIRTHDAYS
IMPORTANT DATES	THINGS I'M EXCITED ABOUT
	THINGS TO REMEMBER

WEEK OF:

SUNDAY	MONDAY	TUESDAY
5AM	5AM	5AM
6AM	6AM	6AM
7AM	7AM	7AM
8AM	8AM	8AM
9AM	9AM	9AM
10AM	10AM	10AM
IIAM	11AM	IIAM
12PM	12PM	12PM
1PM	1PM	1PM
2PM	2PM	2PM
3 P M	3PM	3PM
4 P M	4PM	4PM
5PM	5PM	5PM
6PM	бРМ	6PM
7PM	7PM	7PM
8PM	8PM	8PM
9PM	9PM	9PM
10PM	10 P M	10PM
IIPM	IIPM	IIPM
12AM	12AM	12AM

WEEK OF:

WEDNESDAY	THURSDAY	FRIDAY
5AM	5AM	5AM
6AM	6AM	6AM
7AM	7AM	7AM
8AM	8AM	8AM
9AM	9AM	9AM
10AM	10AM	10AM
11AM	11AM	11AM
12PM	12PM	12PM
1PM	1PM	1PM
2PM	2PM	2PM
3 PM	3PM	SATURDAY
4 P M	4PM	7AM
5PM	5PM	8AM
6PM	6PM	9AM
7PM	7PM	10AM
8PM	8PM	11AM
9PM	9PM	12PM
10PM	10PM	1PM
IIPM	IIPM	2PM
12AM	12AM	3 P M

MONTH:	WEEK OF:	
SUNDAY		
MONDAY		
TUESDAY		

MONTH:	V	VEEK OF:	
WEDNESDAY			
THURSDAY			
FRIDAY		SATURDAY	

DAILY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE:						
5AM						
6AM						
7AM						
8AM						
9AM						
10AM						
11AM						
12PM						
1PM						
2PM						
3 P M						
4PM						
5PM						
6PM						
7PM						
8 P M						
9PM						
10 P M						
11PM						
12AM						

DAILY PLANNER

TO DO	DATE:
	TOP PRIORITIES
	MEALS
	WATER INTAKE
	444444
	TODAY WAS GREAT BECAUSE

CURRENT PROJECTS

TITLE	DESCRIPTION	PRIORITY	DEADLINE	✓

PROJECT PLANNER

TITLE:	DEADLINE:	
START DATE:	END DATE:	
DESCRIPTION	SUPPLIES	COST
TASKS		
	TOTAL:	
	NOTES AND SKETCHES	

MEAL PLANNER

THE WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS
NUS				
Z O S				
TUE				
WED				
THU				
H -				
SAT				

GROCERY LIST

PRODUCE	DAIRY		
TO BUY	TO BUY		
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O			
MEAT/FISH	FROZEN		
TO BUY	TO BUY		
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O			
O			
PANTRY	BREAD/GRAINS		
TO BUY	TO BUY		
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O			

GROCERY LIST

DELI	BAKING
TO BUY	TO BUY
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CANNED	HOUSEHOLD
TO BUY	TO BUY
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DRINKS	MISC.
TO BUY	TO BUY
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RECIPE CARD

TITLE:	
FROM THE KITCHEN OF:	
SERVES:	DIRECTIONS
COOK TIME:	
PREP TIME:	
OVEN TEMP:	
TOOLS NEEDED:	
MY RATING:	
INGREDIENTS	

CLEANING SCHEDULE

DAILY		SUNDAY	
MONDAY		TUESDAY	
WEDNESDAY		THURSDAY	
FRIDAY		SATURDAY	

MY RESOLUTIONS

"If it Doesn't Challenge You, It Doesn't Change You." -Fred DeVito

RESOLUTION	ACHIEVE BY	ACHIEVED?
		YES NO

NOTES

<u> </u>	







READING LIST

TITLE:	AUTHOR:	
AUTHOR:		
GENRE:	GENRE:	
ORDERED	ORDERED ORDERED	
READ	READ	
TITLE:	TITLE:	
AUTHOR:	AUTHOR:	
GENRE:	GENRE:	
ORDERED	ORDERED ORDERED	
READ	READ	
TITLE:	TITLE:	
AUTHOR:	AUTHOR:	
GENRE:	GENRE:	
ORDERED	ORDERED ORDERED	
READ	READ	
TITLE:	TITLE:	
AUTHOR:	AUTHOR:	
GENRE:	GENRE:	
ORDERED	ORDERED ORDERED	
READ	READ	
TITLE:	TITLE:	
AUTHOR:	AUTHOR:	
GENRE:	GENRE:	
ORDERED	ORDERED ORDERED	
READ	READ	

TO DO LIST

DATE:	PRIORITY:
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BIRTHDAYS

JANUARY	FEBRUARY
MARCH	APRIL
MAY	JUNE

BIRTHDAYS

JULY	AUGUST
SEPTEMBER	OCTOBER
NOVEMBER	DECEMBER

PROGRESS TRACKER

GOAL		
WEEK		
DATE		
BUST		
NECK		
BICEP		
WAIST		
HIPS		
THIGH		
CALF		
WEEK		
DATE		
WEIGHT		
LOSS/GAIN		
ВМІ		
NOTES		

WATER INTAKE

WATER INTAKE

WEEK OF:

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



WEEK OF:

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

WORKOUT LOG

TYPE:	TYPE:	TYPE:	TYPE:
TIME:	TIME:	TIME:	TIME:
TYPE:	TYPE:	TYPE:	TYPE:
TIME:	TIME:	TIME:	TIME:
TYPE:	TYPE:	TYPE:	TYPE:
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TIME:	TIME:	TIME:	TIME:
TYPE:	TYPE:	TYPE:	TYPE:
TIME:	TIME:	TIME:	TIME:

WORKOUT LOG

TYPE:	TYPE:	TYPE:	NOTES
TIME:	TIME:	TIME:	
TYPE:	TYPE:	TYPE:	
TIME	TIME	TIME	
TIME:	TIME:	TIME:	
TYPE:	TYPE:	TYPE:	
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TIME:	TIME:	TIME:	
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TYPE:	TYPE:	TYPE:	
TIME:	TIME:	TIME:	

BLOOD PRESSURE LOG

NIANAE			MONT	H:
NAME:			- MONI	п
DATE	SYSTOLIC	DIASTOLIC	TOOK MEDS (Y/N)	NOTES

BLOOD SUGAR LOG

NAME: MC)NTH:
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MEDICAL INFORMATION

NAME
DATE OF BIRTH
BLOOD TYPE
ALLERGIES
CURRENT CONDITIONS
MEDICATIONS
IMMUNIZATIONS
DOCTOR
DOCTOR PHONE #
DOCTOR ADDRESS
DENTIST
DENTIST PHONE #
DENTIST ADDRESS
INSURANCE NAME
INSURANCE POLICY #
INSURANCE PHONE #
NOTES

WEEKLY MEDICATION TRACKER

NAME: _____ WEEK: _____

#	MEDICATION/SUPPLEMENT	S	М	Т	W	Т	F	S
1								
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CONTACT LIST

MAME & ADDRESS	CONTACT NUMBERS
NAME	CELL PHONE
	HOME
	OFFICE
	E-MAIL
NAME	CELL PHONE
	HOME
	OFFICE
	E-MAIL
NAME	CELL PHONE
	HOME
	OFFICE
	E-MAIL
NAME	CELL PHONE
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	OFFICE
	E-MAIL
NAME	CELL PHONE
	HOME
	OFFICE
	E-MAIL
NAME	CELL PHONE
	HOME
	OFFICE
	E-MAIL

PASSWORD TRACKER

WEBSITE	WEBSITE	
EMAIL	EMAIL	
CONTACT	CONTACT	
PASSWORD	PASSWORD	
NOTES	NOTES	
WEBSITE	WEBSITE	
EMAIL	EMAIL	
CONTACT	CONTACT	
PASSWORD	PASSWORD	
NOTES	NOTES	
WEBSITE	WEBSITE	
WEBSITE EMAIL	WEBSITE EMAIL	
EMAIL	EMAIL	
EMAIL	EMAIL CONTACT	
EMAIL CONTACT PASSWORD	EMAIL CONTACT PASSWORD	
EMAIL CONTACT PASSWORD	EMAIL CONTACT PASSWORD	
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EXPENSE TRACKER

MONTH:

DATE	CATEGORY	DESCRIPTION	AMOUNT
		TOTAL:	

INCOME TRACKER

MONTH:

DATE	SOURCE	DESCRIPTION	AMOUNT
		TOTAL:	

BILL TRACKER

MONTH:

BILL	DUE DATE	AMOUNT	PAID	METHOD
			TOTAL:	

MONTHLY BUDGET

MONTH:			INCOME:		
ITEM	BUDGET	ACTUAL	ITEM	BUDGET	ACTUAL
HOUSING			INSURANCE		
Mortgage Loan/Rent			Health		
Electricity			Life		
Water/Sewer			Household		
Repairs			SUBTOTALS:		
Phone and cell			LOANS		
Internet			Personal		
			Student		
SUBTOTALS:			Credit cards		
TRANSPORT			SUBTOTALS:		
Car Ioan			ENTERTAINMENT		
Bus/train/Uber			Movies		
Insurance			Music		
Licensing			TV		
Fuel			SUBTOTALS:		
Maintenance			FOOD		
SUBTOTALS:			Groceries		
PERSONAL			Dining out		
Toiletries			SUBTOTALS:		
Clothing			CHARITY		
Medical			Donations		
Children & Pets			Gifts		
SUBTOTALS:			SUBTOTALS:		
			A CTILAL CAVUNCO		
SAVINGS GOAL:			ACTUAL SAVINGS:		
TOTAL BUDGET:			TOTAL ACTUAL COST:		
DIFFERENCE:			BALANCE:		

DEBT REPAYMENT TRACKER

DUE DATE:	MININ	MUM PAYMENT JNT:	
STARTING BALANCE:	GOAL	PAYMENT AMOUNT:	
INTEREST RATE:	GOAL	L PAYOFF DATE:	

	REPAYMENT TRACKER										
DATE	STARTING BALANCE	REPAYMENT AMOUNT	ENDING BALANCE		DATE	STARTING BALANCE	REPAYMENT AMOUNT	ENDING BALANCE			

DEBT SNOWBALL CALCULATOR

STARTING DATE			N	MONTHLY SNO	DWBALL AMO	UNT	EXT. PAYME	NT IN THE BE	GINNING
	DEBT		DEB	Т		DEBT		DE	ВТ
1	BALANCE		BALAN	ICE		BALANCE		BALA	ANCE
MINIM	IUM PAYMEN	т	MINIMUM P	AYMENT	MIN	IMUM PAYME	NT	MINIMUM	PAYMENT
INT	EREST RATE		INTEREST	RATE	IN	ITEREST RATE		INTERE	ST RATE
Month	Date	Payment	Balance	Payment	Balance	Payment	Balance	Payment	Balance

CHECK REGISTER

NUMBER OR CODE	DATE	TRANSACTION DESCRIPTION	\$ PAYMENT	YMENT FEE \$		\$PAYMENT FEE \$ [\$ DEPOSIT AMOUNT	\$	BALANCE
OR CODE			AMOUNT	屵	1	AMOUNT	+ '	DALANCE		
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INVENTORY SHEET

ITEM	SERIAL NO/ MODEL/BRAND	DATE OF PURCHASE	PURCHASE PRICE	PHOTOS & RECEIPTS	NOTES

DONATIONS LOG

DATE	LOCATION	DONATION	CONDITION	VALUE	RECIEPT?