Cheatography

Ultimate Journal Page Guide Cheat Sheet by Marwa101 via cheatography.com/29792/cs/8819/

FUTURE PLANNING
Weekly Planner
Weekly Unfinished Tasks List
Daily Planner
To-Do List
Chores
To Buy (want Vs need)
Deadlines
Assignments Schedule
5 Year Plan
New Year Resolutions Tracker
Meetings Follow Up
Career Checkpoints

THE HOME

Cleaning List
Cleaning Schedule
Declutter List
Clubs/Societies List
Address Book
Important Birthdays
Medical Conditions
Medications

THE KITCHEN

Weekly Meal Plan
Shopping List
Macrofood Tracker
Recipe Ideas
Water Intake Log
Fruit and Vegetables Log

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THE GYM

Gym Log/Tracker
Body Goals
Fitness Goals
Fitness Challenges
Running Tracker
Weight Loss Log
Weight/Measurements Log
Food Tracker
Vitamin Tracker
Upcoming Classes/Sessions
Gym Bag Pack List
Yoga Poses and their Benefits
Foods to Avoid

BUCKETLISTS

Film/TV to watch
Film/TV I've seen
Books I've read
Books to read
Places I've been
Places to go
Things to do
Things to achieve
Restaurants to try
Holiday Bucketlist
Things I want to do before (e.g. I turn 30)
My Wishlist
New Movie Release Dates

FINANCES

Spending Log
Incomings and Outgoings
Yearly Income
Bill Tracker
Savings Goals
Savings Tips

OTHER

Date Ideas
Gratitude Log
Giving/Helping Log
General Habit Tracker
Blog Habit Tracker
Social Media Tracker
Mood Tracker
Doodle Pages
Travel Packing List
Quotes
Mindmaps
Ideas Page
Skills I want to Learn
Vocabulary List
Gift List
Magazine/Newspaper Cutouts

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