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# PLANNER AND JOURNAL SIZE AND LAYOUT COMPARISON

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Print this PDF at 100% scale to compare sizes  
and layouts of each of our planners and journals.

Please note: This is an approximate size comparison.  
Planners are handmade and minor size variations may occur with different production runs.

# WEEKLY PLANNER COVER

deluxe 7"x10"

standard 5.75"x8.25"

**3  
COMMIT**

JAN 1-6

MONDAY 31

TUESDAY 1

WEDNESDAY 2

This week, I commit to:

LIFE TO DO

WORK TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

SAMPLE

NOTES

standard

JAN 1-6

MONDAY 31

TUESDAY 1

WEDNESDAY 2

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

WORK TO DO

NOTES

deluxe

SAMPLE

JAN 2021

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

28

29

30

NOTES

4

5

6

11

12

13

18

martin luther king jr. day

19

25

26

27

SAMPLE

standard

JAN 2021

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

28

29

30

NOTES

4

5

6

11

12

13

18

martin luther king jr. day

19

20

25

26

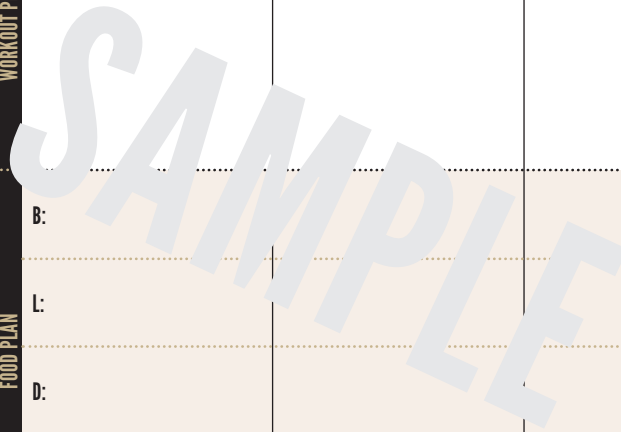
27

SAMPLE

deluxe

# FITNESS JOURNAL – WEEKLY VIEW

<p><b>This week, I commit to:</b></p> <p><b>WEEKLY PREP</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plan workouts and add to planner</li> <li><input type="checkbox"/> Meal plan and prep</li> <li><input type="checkbox"/> Grocery shopping</li> </ul> <p><b>GOALS THIS WEEK</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul> <p><b>REWARD</b></p> <hr/> <p><b>WEIGH-IN</b></p> <p>start:</p> <hr/> <p>end:</p> <hr/> <p><b>NON-SCALE VICTORY:</b></p>	<p>HYDRATE</p>			
	<p>WORKOUT PLAN</p> <p>FOOD PLAN</p>	<p>B:</p>		
		<p>L:</p>		
		<p>D:</p>		
		<p>S:</p>		
<p><b>DAILY TRACKING</b></p>				



GROCERIES / WORKOUT NOTES / TRAINING TIPS / RECIPES

standard