

Welcome to our Eco-Warrior family!

We're thrilled to offer you this planner/tracker as one of the many free resources available to our community. Designed with both the tactile individual and digital enthusiast in mind, this tool is flexible to suit various preferences.

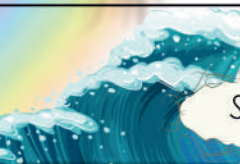
For those who love the feel of paper, you can print the pages on a daily, weekly, or as-needed basis. Rest assured, while each page is unique to ensure a comprehensive planning experience, you have the freedom to print multiple copies of any page, ensuring you never run out.

We are exploring digital options for those who prefer to keep things organized electronically and will keep you updated on our progress. In the meantime, we encourage you to utilize this resource in its current format to begin mapping out your eco-journey.

What's inside? A vision board to visualize your goals, detailed daily, weekly, monthly, and annual planners for meticulous scheduling, a personal tracker to monitor your progress, and a set of to-do lists to keep you on track. The annual planner features a GANTT Chart, ideal for color-coding tasks and outlining their durations to streamline your planning process.

Stay tuned for additional planners and trackers. We're continuously working to enhance your resources. Thank you for joining our movement. Together, let's make a meaningful impact!

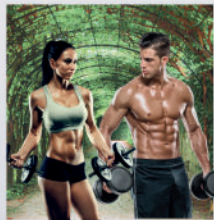
VISION BOARD



Sea



Travel



Body



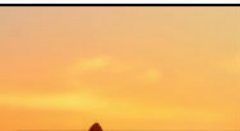
Mind



Spirit



Camping



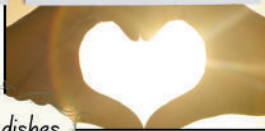
Love



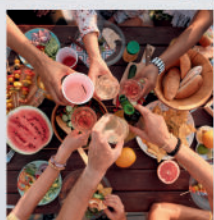
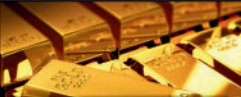
Purpose



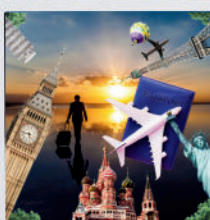
Family



New dishes



Friends



Travel



Wealth

"I hold on to my vision"

VISION BOARD

The vision board template consists of a grid of rectangular sections. The central section is a large, ornate, light yellow oval with a decorative border, containing the text "Your Vision Your Way" in a cursive font. Surrounding this central section are four smaller, identical ornate, light yellow ovals, each with a decorative border, positioned at the top right, middle left, middle right, and bottom left. The remaining sections of the grid are empty, providing space for users to add their own images or text.

In the planner, you'll find a series of 8 blocks on the following page, with each block representing an hour of your day.

These blocks are further segmented into 20-minute intervals, with a distinct marker at the 10-minute mark for additional flexibility. This design allows you to either use it as a brief writing space or to plan your activities with precision.

Each block is designed for versatility:

- **Title Space:** Assign a specific activity or task to each time block.
- **Notes Area:** Jot down key points, progress, or reminders related to the task.
- **Time Tracking:** Monitor how long you spend on each activity.
- **Completion Check:** Mark tasks as done, offering a sense of accomplishment.
- **Priority Labeling:** Indicate the importance of each task, helping you to prioritize your day effectively.

The "hour" section at the top of each block can be customized to your scheduling needs. Personally, I label these from 1 to 16, accommodating a full range of daily activities, along with extra space for any additional notes.

Daily

____/____/____
M T W T F S S

Meal Tracker

Breakfast	Lunch	Dinner
Snack	Snack	Dessert

Ounces of Water Drank

Exercise Tracker	Activity	Time	Distance	Sets	Reps	Laps	Heart Rate After



DAILY STEP COUNT

Energy Tracker

BLOOD SUGAR TRACKER	Breakfast	Snack	Lunch	Snack	Dinner	Dessert	At Bed	NOTES
Before Meal								
After Meal								
Insulin Dose								
After Insulin								

BLOOD PRESSURE TRACKER						
Time	AM	PM	Systolic	Diastolic	Pulse Rate	Notes

CONCERN: _____

INTENSITY: 1 2 3 4 5 6 7 8 9 10

ITS AT ITS WORST: Morning - Midday - Evening - Night

NOTES:

DAILY PAIN TRACKER

FEET

Top Bottom

CONCERN: _____

INTENSITY: 1 2 3 4 5 6 7 8 9 10

ITS AT ITS WORST: Morning - Midday - Evening - Night

NOTES:

CONCERN: _____

INTENSITY: 1 2 3 4 5 6 7 8 9 10

ITS AT ITS WORST: Morning - Midday - Evening - Night

NOTES:

Hands

CONCERN: _____

INTENSITY: 1 2 3 4 5 6 7 8 9 10

ITS AT ITS WORST: Morning - Midday - Evening - Night

NOTES:

CONCERN: _____

INTENSITY: 1 2 3 4 5 6 7 8 9 10

ITS AT ITS WORST: Morning - Midday - Evening - Night

NOTES:

FRONT **BACK**

CONCERN: _____

INTENSITY: 1 2 3 4 5 6 7 8 9 10

ITS AT ITS WORST: Morning - Midday - Evening - Night

NOTES:

One through fifty-two weeks of the year to plan your growth.

1 / /
M T W T F S S

2 / /
M T W T F S S

3 / /
M T W T F S S

4 / /
M T W T F S S

5 / /
M T W T F S S


6 / /
M T W T F S S

7 / /
M T W T F S S

8 / /
M T W T F S S

9 / /
M T W T F S S

10 / /
M T W T F S S

11  W T W T F F F

12  W T W T F F F

13  W T W T F F F

14  W T W T F F F

15  W T W T F F F

16  W T W T F F F

17  W T W T F F F

18  W T W T F F F


19  W T W T F F F


20  W T W T F F F

21  W T W T F F F

22  W T W T F F F

23  W T W T F F F

24  W T W T F F F

25  

26  

27  

28  

29  

30  

31  

32  

33  

34  

35  

36  

37  

38  

39
H T W T F S S

40
M T W T F S S

41
M T W T F S S

42
M T W T F S S

43
M T W T F S S

44
M T W T F S S

45
M T W T F S S

46
M T W T F S S

47
M T W T F S S

48
M T W T F S S

49
M T W T F S S

50
M T W T F S S

51
M T W T F S S

52
M T W T F S S

