

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.

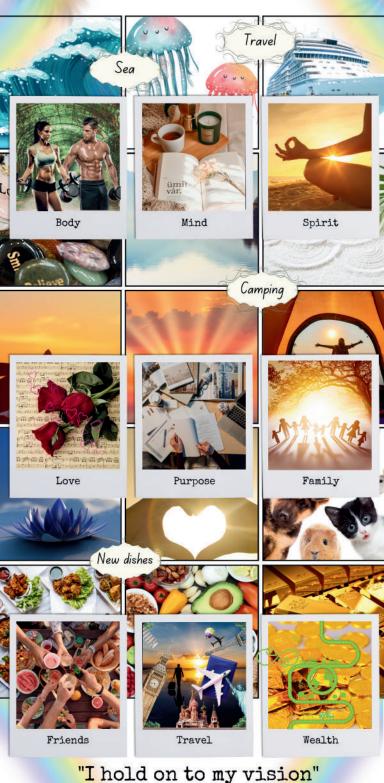
For those who love the feel of paper, you can print the pages on a daily, weekly, or as-needed basis. Rest assured, while each page is unique to ensure a comprehensive planning experience, you have the freedom to print multiple copies of any page, ensuring you never run out.

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.

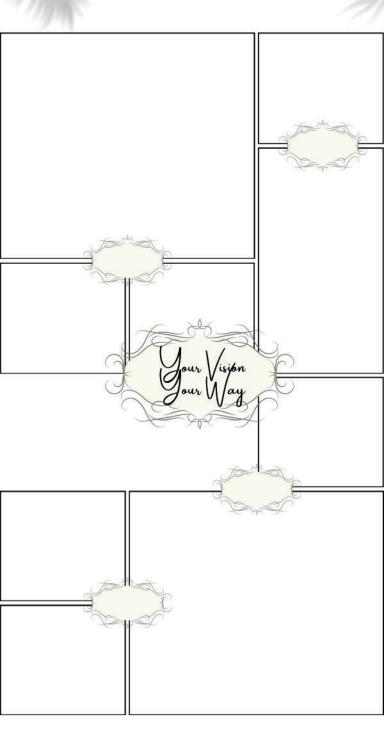
Stay tuned for additional planners and trackers. We're continuously working to enhance your resources. Thank you for joining our movement. Together, let's make a meaningful impact!

VISION BOARD



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VISION BOARD



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.



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Dinner Lunch Snack Snack Dessert

Meal Tracker

Ounces of Water Drank











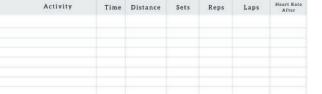
















DAILY STEP COUNT





BLOOD SUGAR TRACKER	Breakfast	Snack	Lunch	Snack	Dinner	Dessert	At Bed	NOTES
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After Meal								
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BLOOD PRESSURE TRACKER										
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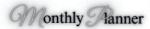
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THIS MONTHS MAIN GOAL:

GOALS BY WEEK:

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CATEGORY SPECIFIC GOALS:

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