PLANCRAFTLY

Focus OS

Focus OS

Open planner >

How to use this planner

1. Import the PDF into GoodNotes, Notability or your PDF app.
2. Switch to READ mode to use the links (pen mode writes instead).
3. Tap the tabs to jump to Overview, Goals, Habits or Notes.
4. From Overview, open a month, a weekly spread or a daily page.
5. It's undated — write today's date and start whenever you like.
6. Reuse the weekly and daily pages as many times as you want.

Tip: nothing is locked — scribble, cross out, start again.

Vision Board

Drop in images, words and dreams for the year ahead

Goals & Intentions

WORD OF THE SEASON

I WANT TO FEEL…

Top goals

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Overview

Tap a month to open it

January

Open

February

Open

March

Open

April

Open

May

Open

June

Open

July

Open

August

Open

September

Open

October

Open

November

Open

December

Open

Jump to: Vision | Q1 | Q2 | Q3 | Q4 | Trackers | Reflection

Important dates & birthdays

January

February

March

April

May

June

July

August

September

October

November

December

Quarter 1

January – March

QUARTER GOALS

- [ ]
- [ ]
- [ ]

THEME / FOCUS

January

Open month >

February

Open month >

March

Open month >

Quarter 2

April – June

QUARTER GOALS

- [ ]
- [ ]
- [ ]

THEME / FOCUS

April

Open month >

May

Open month >

June

Open month >

Quarter 3

July – September

QUARTER GOALS

- [ ]
- [ ]
- [ ]

THEME / FOCUS

July

Open month >

August

Open month >

September

Open month >

Quarter 4

October – December

QUARTER GOALS

- [ ] _____
- [ ] _____
- [ ] _____

THEME / FOCUS

_____

_____

October

Open month >

November

Open month >

December

Open month >

January

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

REVIEW

_____

_____

_____

Weeks: 1 2 3 4

February

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

- [ ]
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REVIEW

Weeks: 1 2 3 4

March

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

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- [ ] _____
- [ ] _____
- [ ] _____

REVIEW

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Weeks: 1 2 3 4

April

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

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- [ ] _____
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- [ ] _____

REVIEW

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Weeks: 1 2 3 4

May

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

- [ ]
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- [ ]

REVIEW

Weeks: 1 2 3 4

June

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

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- [ ]

REVIEW

Weeks: 1 2 3 4

July

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

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- [ ]

REVIEW

Weeks: 1 2 3 4

August

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

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- [ ] _____
- [ ] _____

REVIEW

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Weeks: 1 2 3 4

September

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

REVIEW

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Weeks: 1 2 3 4

October

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

REVIEW

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_____

Weeks: 1 2 3 4

November

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

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- [ ] _____
- [ ] _____
- [ ] _____

REVIEW

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Weeks: 1 2 3 4

December

Undated

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THIS MONTH

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- [ ]
- [ ]
- [ ]

REVIEW

Weeks: 1 2 3 4

January · Week 1

January

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

January · Week 2

January

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

January · Week 3

January

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

January · Week 4

January

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

February · Week 1

February

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

February · Week 2

February

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

February · Week 3

February

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

February · Week 4

February

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

March · Week 1

March

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

March · Week 2

March

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

March · Week 3

March

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

March · Week 4

March

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

April · Week 1

April

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

April · Week 2

April

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

April · Week 3

April

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

April · Week 4

April

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

May · Week 1

May

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

May · Week 2

May

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

May · Week 3

May

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

May · Week 4

May

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

June · Week 1

June

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

June · Week 2

June

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

June · Week 3

June

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

June · Week 4

June

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

July · Week 1

July

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

July · Week 2

July

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

July · Week 3

July

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

July · Week 4

July

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

August · Week 1

August

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

August · Week 2

August

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

August · Week 3

August

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

August · Week 4

August

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

September · Week 1

September

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

September · Week 2

September

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

September · Week 3

September

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

September · Week 4

September

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

October · Week 1

October

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

October · Week 2

October

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

October · Week 3

October

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

October · Week 4

October

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

November · Week 1

November

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

November · Week 2

November

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

November · Week 3

November

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

November · Week 4

November

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

December · Week 1

December

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

December · Week 2

December

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

December · Week 3

December

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

December · Week 4

December

Undated — write the dates in · tap a day to open it

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Today

Undated daily page

Week

ONE THING TODAY

BRAIN DUMP

IF I HAVE ENERGY

- [ ]
- [ ]
- [ ]
- [ ]

ENERGY & MOOD

Energy	● ● ● ○ ○
Mood	● ● ● ○ ○
Meds	● ● ● ○ ○
Moved	● ● ● ○ ○

GENTLE SCHEDULE

Today

Undated daily page · B

Week

ONE THING TODAY

BRAIN DUMP

IF I HAVE ENERGY

- [ ]
- [ ]
- [ ]
- [ ]

ENERGY & MOOD

Energy	● ● ● ○ ○
Mood	● ● ● ○ ○
Meds	● ● ● ○ ○
Moved	● ● ● ○ ○

GENTLE SCHEDULE

Brain Dump

Empty your head — one line at a time

- [ ]
- [ ]
- [ ]
- [ ]
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Mood & Energy

Fill a dot each day you show up



Mood Tracker

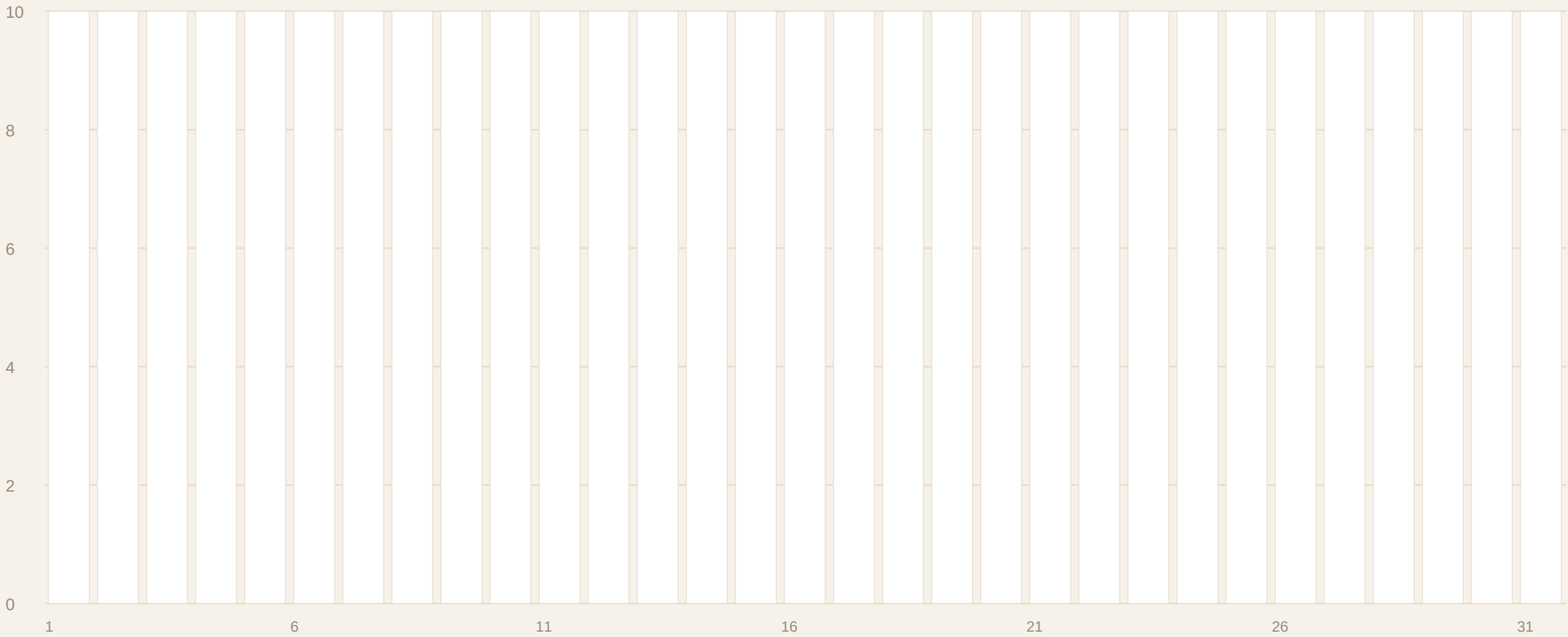
Colour one square for how each day felt

Great · Good · Okay · Low · Rough

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	

Sleep Log

Shade up to how many hours you slept each night



Trackers: Mood Tracker | Sleep Log | Savings & Money | Meal Planner | Gratitude Log | Year in Pixels

Savings & Money

SAVINGS GOAL

$ _____

SAVED SO FAR

$ _____

Month	Amount saved
Jan	
Feb	
Mar	
Apr	
May	
Jun	
Jul	
Aug	
Sep	
Oct	
Nov	
Dec	

Meal Planner

Plan a week of meals

Day	Breakfast	Lunch	Dinner
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Gratitude Log

Write down what you're grateful for

-
-
-
-
-
-
-
-
-
-
-
-
-
-

Year in Pixels

One coloured square a day — watch the year fill in

Jan
Feb
Mar
Apr
May
Jun
Jul
Aug
Sep
Oct
Nov
Dec

Weekly reflection

What went well

What drained me

Next week I will

Habit Tracker

Mark a dot each day you show up

Move

Read

Water

Sleep

Journal

Focus

Outside

Rest



Notes