



Wood Between
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STUDIO

The Sample Planner

Four favorite pages, free to print

Monthly budget • weekly plan • meal plan • habit tracker

Welcome

Print at 100% (Actual Size), or open in any PDF annotation app.

- 1 Start with the budget.**
Write this month's income, then give every dollar a job before the month begins.
- 2 Plan one week at a time.**
Use the weekly page on Sunday or Monday for appointments, to-dos and priorities.
- 3 Plan meals from what you have.**
Check the fridge first, then fill in the meal plan and shopping list together.
- 4 Track a few habits kindly.**
Pick three to six habits. A missed day is just a blank circle, not a failure.
- 5 Reprint as often as you like.**
These pages are undated, so print a fresh copy each week or month for your own use.

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Monthly budget	GO ›
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Monthly habit tracker	GO ›
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This sampler is free for personal use. Please share the link to it rather than the file itself. An organizing tool, not financial advice.

BUDGET

WEEK

MEALS

HABITS

MORE



Monthly Budget

Month _____

CATEGORY	BUDGET	ACTUAL	DIFFERENCE
Rent / mortgage			
Utilities			
Groceries			
Transportation			
Insurance			
Phone & internet			
Debt payments			
Savings			
Personal			
Eating out			
Gifts & giving			
TOTALS			

Difference = Budget minus Actual. A negative number shows where to adjust next month.

INCOME

SOURCE _____

TOTAL INCOME _____

SUMMARY

TOTAL INCOME _____

TOTAL BUDGETED _____

LEFT TO ASSIGN _____

TOTAL SPENT _____

LEFT OVER _____

BILLS TO PAY

BILL

DUE AMOUNT

SAVINGS GOAL

SAVING FOR

THIS MONTH _____

This Week

Week of _____

BUDGET

WEEK

MEALS

HABITS

MORE

Sunday

___/___

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Monday

___/___

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Tuesday

___/___

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Wednesday

___/___

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Thursday

___/___

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Friday

___/___

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Saturday

___/___

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Notes

- _____
- _____
- _____
- _____
- _____
- _____

TOP PRIORITIES

- ☐ _____
- ☐ _____
- ☐ _____

DON'T FORGET

- ☐ _____
- ☐ _____
- ☐ _____

NEXT WEEK

- ☐ _____
- ☐ _____
- ☐ _____



Weekly Meal Plan

Week of _____

	BREAKFAST	LUNCH	DINNER
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

ALREADY HAVE

SHOPPING LIST

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GROCERY BUDGET

PLANNED _____

SPENT _____

BUDGET
WEEK
MEALS
HABITS
MORE

Habit Tracker

Month _____

HABIT	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	DONE
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WHY THESE HABITS

ADJUST NEXT MONTH

Tip: attach each habit to something you already do. After I pour my coffee, I will read one page.

BUDGET

WEEK

MEALS

HABITS

MORE



The Full Collection

If these pages help, the complete versions go further.

- **The Undated Planner**
101 pages: monthly, weekly, daily, goals and habits
- **Simple Monthly Budget & Bill Tracker**
Google Sheets + Excel, with a dashboard that does the math
- **Weekly & Daily Planner Set**
Time-block, daily and weekly review pages
- **Meal Planner & Grocery List**
Grocery list by store section, pantry, recipes
- **Habit Tracker & Monthly Goals**
Goals, habit plan, 30-day challenge, year in pixels
- **Debt Payoff Planner**
Snowball or avalanche, with a month-by-month schedule
- **Savings Goals & Sinking Funds Tracker**
A monthly amount for every planned expense
- **Small Business Income & Expense Tracker**
Simple books with monthly and quarterly profit
- **The 2027 Planner**
Fully dated and hyperlinked, US Letter and A5

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