

# Planning Semanal

“Planificar es traer el futuro al presente para que puedas hacer algo al respecto ahora.” — Alan Lakein.

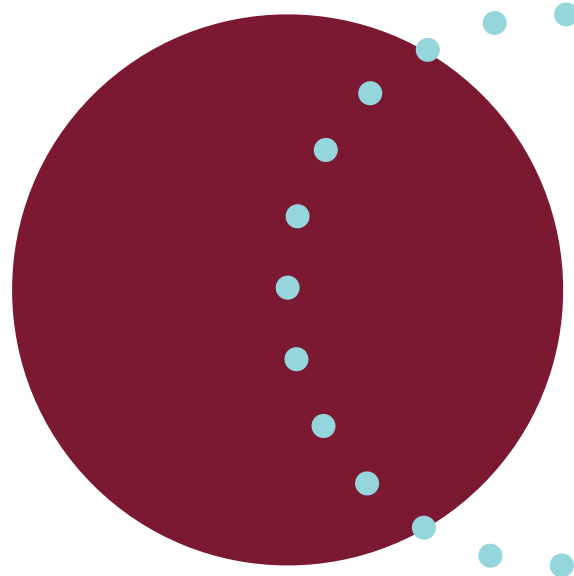
Año:

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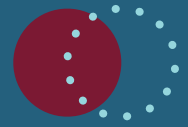
Nombre:

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MES:

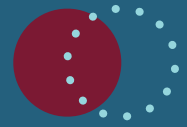
AÑO:

| RECORDATORIOS | TO-DO LISTS | FECHAS IMPORTANTES |
|---------------|-------------|--------------------|
|               |             |                    |

| OBJETIVOS | MOTIVACIONES |
|-----------|--------------|
|           |              |



# Horario Semanal

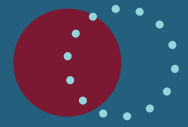


MES:

|            |               |
|------------|---------------|
| <b>LUN</b> | <b>MARTES</b> |
| <b>MIE</b> | <b>JUE</b>    |
| <b>VIE</b> | <b>SAB</b>    |
| <b>DOM</b> | <b>NOTAS</b>  |

| <b>TO-DO LIST</b> | <b>✓</b> | <b>PRIORIDADES</b> | <b>✓</b> |
|-------------------|----------|--------------------|----------|
|                   |          |                    |          |
|                   |          |                    |          |
|                   |          |                    |          |
|                   |          |                    |          |
|                   |          |                    |          |

# Horario Mensual

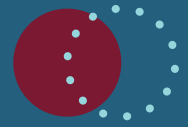


MES:

| LUN | MARTES | MIÉ | JUE | VIE | SÁB | DOM |
|-----|--------|-----|-----|-----|-----|-----|
|     |        |     |     |     |     |     |
|     |        |     |     |     |     |     |
|     |        |     |     |     |     |     |
|     |        |     |     |     |     |     |
|     |        |     |     |     |     |     |

| ACONTECIMIENTOS IMPS | FECHA | ✓ | CITAS | FECHA | ✓ |
|----------------------|-------|---|-------|-------|---|
|                      |       |   |       |       |   |
|                      |       |   |       |       |   |
|                      |       |   |       |       |   |
|                      |       |   |       |       |   |
|                      |       |   |       |       |   |
|                      |       |   |       |       |   |

# FINANZAS MENSUALES



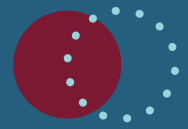
MES:

| INGRESOS |        |               |              |       | GASTOS |       |          |
|----------|--------|---------------|--------------|-------|--------|-------|----------|
| FECHA    | FUENTE | INGRESO BRUTO | INGRESO NETO | NOTAS | FECHA  | GASTO | CANTIDAD |
|          |        |               |              |       |        |       |          |
|          |        |               |              |       |        |       |          |
|          |        |               |              |       |        |       |          |
|          |        |               |              |       |        |       |          |
|          |        |               |              |       |        |       |          |

| PAGOS | CANTIDAD | FECHA DE INGRESO | RECIBOS | CANTIDAD | FECHA DE PAGO |
|-------|----------|------------------|---------|----------|---------------|
|       |          |                  |         |          |               |
|       |          |                  |         |          |               |
|       |          |                  |         |          |               |
|       |          |                  |         |          |               |
|       |          |                  |         |          |               |

| TOTAL INGRESOS | TOTAL GASTOS | TOTAL AHORRADO | NOTAS |
|----------------|--------------|----------------|-------|
|                |              |                |       |

# Planificador de Comidas



MES:

| LUNES    |  | FRIDAY   |  |
|----------|--|----------|--|
| DESAYUNO |  | DESAYUNO |  |
| COMIDA   |  | COMIDA   |  |
| CENA     |  | CENA     |  |

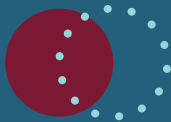
| TUESDAY  |  | SATURDAY |  |
|----------|--|----------|--|
| DESAYUNO |  | DESAYUNO |  |
| COMIDA   |  | COMIDA   |  |
| CENA     |  | CENA     |  |

| WEDNESDAY |  | SUNDAY   |  |
|-----------|--|----------|--|
| DESAYUNO  |  | DESAYUNO |  |
| COMIDA    |  | COMIDA   |  |
| CENA      |  | CENA     |  |

| THURSDAY |  | NOTES |
|----------|--|-------|
| DESAYUNO |  |       |
| COMIDA   |  |       |
| CENA     |  |       |



# Planificador Mensual de Hábitos



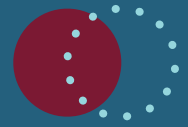
MES:

| HÁBITO | FECHA DE INICIO | FECHA FINAL | OBJETIVO |
|--------|-----------------|-------------|----------|
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |
|        |                 |             |          |

NOTAS



# Resumen Mensual



MES:

AÑO:

| MEJORAS | DESAFÍOS |
|---------|----------|
|         |          |

| TOTAL DE INGRESOS | TOTAL DE GASTOS | TOTAL AHORRADO |
|-------------------|-----------------|----------------|
|                   |                 |                |

**NOTAS**

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